

### Room Guide:

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Morning /Afternoon / Evening</b>						
<b>Member Swim</b> 5:30-9:00am	<b>Member Swim</b> 5:30-2:00pm	<b>Member Swim</b> 5:30-2:00pm	<b>Member Swim</b> 5:30-2:00pm	<b>Member Swim</b> 5:30-9:00am	<b>Member Swim</b> 7:00-9:00am	<b>Member Swim</b> 7:00-9:00am
<b>Y Aquafit (25M)</b> 8:30 – 9:15 am	<b>Y Aquafit (25M)</b> 8:15 – 9:00 am	<b>Y Aquafit (25M)</b> 8:15 – 9:00 am	<b>Swim Lessons</b> 10:30-12:00pm	<b>Y Aquafit (25M)</b> 8:15 – 9:00 am	<b>Y Aquafit (25M)</b> 8:15 – 9:00 am	<b>Y Aquafit (25M)</b> 8:15 – 9:00 am
<b>Public Swim</b> 9:00am-2:00pm	<b>Y Aquafit (25M)</b> 9:15 – 10:00am	<b>Swim Lessons</b> 10:30-12:00pm	<b>Public Swim</b> 2:00pm-9:45pm	<b>Y Aquafit (25M)</b> 9:15 – 10:00am	<b>Swim Lessons</b> 9:00-1:30pm <b>(LESSONS ONLY)</b>	<b>Swim Lessons</b> 9:00-1:30pm <b>(LESSONS ONLY)</b>
<b>Member Swim</b> 2:00pm-9:45pm	<b>Public Swim</b> 2:00pm-9:45pm	<b>Member Swim</b> 2:00pm-9:45pm	<b>Lane Swim</b> (1 Lane) 4:00pm-8:00pm	<b>Public Swim</b> 10:00-4:00pm	<b>Member Swim</b> 1:30-8:45pm	<b>Member Swim</b> 1:30-8:45pm
<b>Lane Swim</b> (1 Lane) 4:00pm-8:00pm	<b>Lane Swim</b> (1 Lane) 4:00pm-8:00pm	<b>Lane Swim</b> (1Lane) 4:00pm-8:00pm	<b>Swim Lessons*</b> 4:00pm-8:00pm	<b>School Board Swim Lessons</b> 11:30-2:00pm (May 2026)	<b>Pool Rental</b> Apr 11 - Jun 6 2:15-5:15pm	
<b>Swim Lessons*</b> 4:00pm-8:00pm	<b>Swim Lessons*</b> 4:00pm-8:00pm	<b>Swim Lessons*</b> 4:00pm-8:00pm		<b>Member Swim</b> 2:00pm-9:45pm		
<b>Aquafit</b> 7:30 – 8:15pm	<b>Aquafit</b> 7:30 – 8:15pm	<b>Member Swim</b> 4:00pm-9:45pm		<b>Lane Swim</b> (1 Lane) 4:00pm-8:00pm		
				<b>Swim Lessons*</b> 4:00pm-8:00pm		
<b>Schedule subject to change without notice.</b>				<a href="http://ymcabc.ca/locations/tong-louie-ymca">ymcabc.ca/locations/tong-louie-ymca</a>		

<b>Lane Swim Etiquette</b>	Swim to the right side of the lane	When resting, please keep to the corner to allow other swimmers to use the wall	Faster swimmers must pass to the left	Choose the appropriate lane for your pace	When entering the lane, give other swimmers the right of way
<b>Lane Swim</b>	Monday – Friday one lane will be open during swim lessons from 4:00-8:00pm				
<b>Age</b>	<b>0-7 years must be in arms reach of someone 16 years or older in the pool</b> <b>8-9 years can swim independently, must have 16 years or older in the facility</b> <b>10-12 years can swim independently</b>				
<b>Hot Tub</b>	<b>NO HOT TUB under 7 years</b> <b>Children 7 – 12 years must be within arm's reach of someone 16years or older</b>				
<b>Open Swim</b>	During this time, a section of the pool will be open for any type of swimming or aquatic activity. Children of any age are welcome into the pool at this designated time. A section of the pool will be open for families with children 5 years of age and younger.				
<b>Aquafit</b>	This water exercise class is for those looking for a light, low impact and joint-friendly workout. Improve core strength, endurance, a range of motion, flexibility and balance. All levels welcome.				
<b>Pool Rentals</b>	During this time allocated spaces in the pool are being used for an external booking				
<b>Public Swim</b>	If you or your family are coming in to swim during this time and do not have membership a drop in fee will apply				
<b>Member Swim</b>	If you are a member of Tong Louie YMCA this time is for you to swim in our aquatic areas				
<b>Limited Space*</b>	Pool is open during this time with limited space				
<b>School Board*</b>	Friday Swim lessons – (11:30 -2pm) May 2026				