# Tong Louie Family YMCA

## Fall 2026 Aquatics Schedule

Updated October 16, 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| **Morning /Afternoon / Evening** | | | | | | |
| **Member Swim** 5:30-9:00am | **Member Swim** 5:30-2:00pm | **Member Swim** 5:30-2:00pm | **Member Swim** 5:30-2:00pm | **Member Swim** 5:30-9:00am | **Member Swim** 7:00-9:00am | **Member Swim** 7:00-9:00am |
| **Y Aquafit (25M)** 8:30 – 9:15 am | **Y Aquafit (25M)** 8:15 – 9:00 am | **Y Aquafit (25M)** 8:15 – 9:00 am | **Swim Lessons** 10:30-12:00pm | **Y Aquafit (25M)** 8:15 – 9:00 am | **Y Aquafit (25M)** 8:15 – 9:00 am | **Y Aquafit (25M)** 8:15 – 9:00 am |
| **Public Swim** 9:00am-2:00pm | **Y Aquafit (25M)** 9:15 – 10:00am | **Member Swim** 2:00pm-9:45pm | **Public Swim** 2:00pm-9:45pm | **Y Aquafit (25M)** 9:15 – 10:00am | **Swim Lessons** 9:00-1:30pm **(LESSONS ONLY)** | **Swim Lessons** 9:00-1:30pm **(LESSONS ONLY)** |
| **Member Swim** 2:00pm-9:45pm | **Public Swim** 2:00pm-9:45pm | **Lane Swim** (1 Lane) 4:00pm-8:00pm | **Lane Swim** (1 Lane) 4:00pm-8:00pm | **Public Swim** 10:00-4:00pm | **Member Swim** 1:30-8:45pm | **Member Swim** 1:30-8:45pm |
| **Lane Swim** (1 Lane) 4:00pm-8:00pm | **Lane Swim** (1 Lane) 4:00pm-8:00pm | **Swim Lessons*** 4:00pm-8:00pm | **Swim Lessons*** 4:00pm-8:00pm | **Member Swim** 2:00pm-9:45pm | **Public Swim** 3:00-5:00pm | **Public Swim** 3:00-5:00pm |
| **Swim Lessons*** 4:00pm-8:00pm | **Swim Lessons*** 4:00pm-8:00pm | **Member Swim** 4:00pm-9:45pm | | **Lane Swim** (1 Lane) 4:00pm-8:00pm | | |
| **Aquafit** 7:30 – 8:15pm | | | | **Swim Lessons*** 4:00pm-8:00pm | | |
| **Schedule subject to change without notice.** | | | | **ymcabc.ca/locations/tong-louie-ymca** | | |

## Room Guide:

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| **Lane Swim Etiquette** | 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 |
| **Lane Swim** | Monday – Friday one lane will be open during swim lessons from 4:00-8:00pm | | | | |
| **Age** | **0-7 years must be in arms reach of someone 16 years or older in the pool**<br>**8-9 years can swim independently, must have 16 years or older in the facility**<br>**10-12 years can swim independently** | | | | |
| **Hot Tub** | **NO HOT TUB under 7 years**<br>**Children 7 – 12 years must be within arm's reach of someone 16years or older** | | | | |
| **Open Swim** | 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. | | | | |
| **Aquafit** | 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. | | | | |
| **Pool Rentals** | During this time allocated spaces in the pool are being used for an external booking | | | | |
| **Public Swim** | If you or your family are coming in to swim during this time and do not have membership a drop in fee will apply | | | | |
| **Member Swim** | If you are a member of Tong Louie YMCA this time is for you to swim in our aquatic areas | | | | |
| **Limited Space*** | Pool is open during this time with limited space | | | | |