Tong Louie Family YMCA

Fall 2026 Aquatics Schedule

Updated November 11, 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)** 8:30 – 9:15 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	**Public Swim** 2:00pm-9:45pm	**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	**Lane Swim** (1 Lane) 4:00pm-8:00pm	**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	**Swim Lessons*** 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		**Member Swim** 4:00pm-9:45pm		**Lane Swim** (1 Lane) 4:00pm-8:00pm	**CAN Pool Rental** 2:00-5:00pm **Jan–March 2027**	
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:

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** **8-9 years can swim independently, must have 16 years or older in the facility** **10-12 years can swim independently**				
Hot Tub	**NO HOT TUB under 7 years** **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				