

# Pool Schedule

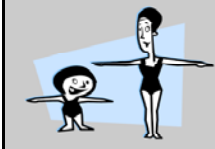
January 4 - June 4 2010

TONG LOUIE FAMILY YMCA



	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	25 Metre Pool	Special Use Pool	25 Metre Pool	Special Use Pool	25 Metre Pool	Special Use Pool	25 Metre Pool	Special Use Pool	25 Metre Pool	Special Use Pool	25 Metre Pool	Special Use Pool	25 Metre Pool	Special Use Pool
5:00														
5:30														
6:00	Master 5:45 - 7:15	Public Swim 5:00-8:00		Public Swim 5:00-7:00		Master 5:45 - 7:00	Member Swim 5:00-8:00		Public Swim 5:00 -7:00	Master 5:45 - 7:00	Member Swim 5:00-8:00			
6:30														
7:00														
7:30														
8:00		GJ warm up*		Member Swim		Member Swim	GJ warm up *							
8:30		Gentle Joints* 8:30-9:25												
9:00														
9:30														
10:00	Deep Aquafit 9:30-10:15					Deep Aquafit 9:30-10:15								
10:30		Lessons 9:30-Noon 1/2 teach pool open					Lessons 9:30-Noon 1/2 teach pool open							
11:00														
11:30				Senior Swim Program*										
12:00														
12:30														
1:00														
1:30	Member Length Swim	Member Swim noon-3:30			Member Length Swim	Member Swim noon-3:30		Member Length Swim	Member Swim noon-3:30	Member Length Swim	Member Swim noon-3:30			
2:00														
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10:30														
11:00														
		Member Adult Swim 10:00-11:00		Public Swim 9:30-11:00		Member Adult Swim 10:00-11:00		Public Swim 9:30-11:00						

Please note: School Board Swimming lessons may occur on any weekday between 10 am - 2 pm.



They'll learn to swim, you'll learn to breath easy... YMCA swimming lessons, inquire today at 575-9622

2 lanes are reserved for Member length swimming all day.

Children under 8 years of age must be accompanied by a person who is 16 years of age or older. The person accompanying the child must be in the water at arms length away at all times.

Membership Services to register.

\*Pool will be approximately 1.2 m Gray denotes registered programs. Please see