

Pool Schedule

June 30th to September 2nd, 2008

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											Please note: Mon-Fri, 12:00-3:00pm is our busiest swim time in the pool.			
5:30														
6:00		Public Swim 5:00-7:30												
6:30														
7:00														
7:30														
8:00														
8:30		Member Swim												
9:00														
9:30														
10:00														
10:30		Lessons 9:30-1:00 1/2 Special Use Pool Open												
11:00														
11:30														
12:00														
12:30		Deep Aquafit 12:00-12:45												
1:00														
1:30	Member Length Swim	Member Swim & YMCA Daycamps Swim 1:00-3:30	Member Length Swim	Member Swim & YMCA Daycamps Swim 1:00-4:00	Member Length Swim	Member Swim & YMCA Daycamps Swim 1:00-3:30	Member Length Swim	Public Swim & YMCA Daycamps Swim 1:00-4:00	Member Length Swim	Public Swim & YMCA Daycamps Swim 1:00-4:00	Member Length Swim	Member Swim 12:00-3:00	Member Swim 12:00-3:00	Member Swim 12:00-3:00
2:00														
2:30														
3:00														
3:30														
4:00														
4:30														
5:00		Lessons 3:30-7:00												
5:30														
6:00														
6:30														
7:00														
7:30		Aquafit 7:15-8:00												
8:00		Pre-Natal Aquafit												
8:30		Member Swim 7:15-10:00												
9:00														
9:30														
10:00														
10:30		Member Adult Swim 10:00-11:00												
11:00														

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.
 For a complete swimming lesson schedule, please see the program guide.