



## Centre Branch YMCA | July 22nd - July 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> <a href="#">Drop-in Program</a>	7:15AM-12:45PM (Lane Swim)  4:00PM-8:00PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)  4:00PM-8:00PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)	8:15AM-1:30PM (Lane Swim)	8:15AM-1:30PM (Lane Swim)
<b>Adult Swim</b> <a href="#">Drop-in Program</a>	7:15AM-9:45AM (Rec Swim)  11:00AM-12:45PM (Rec Swim)	7:15AM-12:45PM (Rec Swim)	7:15AM-11:45AM (Rec Swim)	7:15AM-8:45AM (Rec Swim)  10:00AM-10:45AM (Rec Swim)  12:15PM-12:45PM (Rec Swim)	7:15AM-9:45AM (Rec Swim)  11:00AM-11:45AM (Rec Swim)		8:15AM-9:15AM (Rec Swim)
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:00AM-10:45AM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		
<b>Open Swim</b> <a href="#">Drop-in Program</a>	4:00PM-8:00PM (Rec Swim)		4:00PM-8:00PM (Rec Swim)		11:45AM-12:45PM (Rec Swim)	8:15AM-1:30PM (Rec Swim)	9:15AM-1:30PM (Rec Swim)
<b>Glider/Diver/Surfer/Jumper</b> <a href="#">Sign Up</a>		4:00PM-4:30PM (Swim Lessons (3-5))  4:35PM-5:05PM (Swim Lessons (3-5))  5:45PM-6:15PM (Swim Lessons (3-5))		4:35PM-5:05PM (Swim Lessons (3-5))  6:20PM-6:50PM (Swim Lessons (3-5))			
<b>Star 1/Star 2/Star 3</b> <a href="#">Sign Up</a>		4:00PM-4:30PM (Swim Lessons (6-13))		4:35PM-5:05PM (Swim Lessons (6-13))			
<b>Otter/Seal</b> <a href="#">Sign Up</a>		4:00PM-4:30PM (Swim Lessons (6-13))  5:10PM-5:40PM (Swim Lessons (6-13))  6:20PM-6:50PM (Swim Lessons (6-13))		5:10PM-5:40PM (Swim Lessons (6-13))  5:45PM-6:15PM (Swim Lessons (6-13))			
<b>Dolphin/Swimmer</b> <a href="#">Sign Up</a>		4:00PM-4:30PM (Swim Lessons (6-13))  5:45PM-6:15PM (Swim Lessons (6-13))		4:35PM-5:05PM (Swim Lessons (6-13))  6:20PM-6:50PM (Swim Lessons (6-13))			

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Bobber/Floater</b> <a href="#">Sign Up</a>		4:35PM-5:05PM (Swim Lessons (3-5))  5:10PM-5:40PM (Swim Lessons (3-5))  5:45PM-6:15PM (Swim Lessons (3-5))		4:00PM-4:30PM (Swim Lessons (3-5))  5:10PM-5:40PM (Swim Lessons (3-5))			
<b>Parent and Tot 1/2/3</b> <a href="#">Sign Up</a>		4:35PM-5:05PM (Parent and Tot Swim Lessons (0-3))					
<b>Star 4/Star 5/Star 6</b> <a href="#">Sign Up</a>		5:45PM-6:15PM (Swim Lessons (6-13))		6:20PM-6:50PM (Swim Lessons (6-13))			
<b>Adult 1/2/3</b> <a href="#">Sign Up</a>		6:20PM-6:50PM (Swim Lessons (18+))		5:45PM-6:15PM (Swim Lessons (18+))			
<b>Aquafit Deep</b> <a href="#">Drop-in Program</a>			5:30PM-6:15PM (Aquatic Fitness)				
<b>National Lifeguard (NL) Recert</b> <a href="#">Sign Up</a>						9:00AM-5:30PM (National Lifeguard (NL) Recert)	