



Family YMCA of St.Thomas-Elgin | July 22nd - July 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Swim Drop-in Program	6:00AM-8:15AM (Rec Swim) 11:00AM-12:30PM (Rec Swim) 5:30PM-8:30PM (Rec Swim)	6:00AM-8:15AM (Rec Swim)	6:00AM-8:15AM (Rec Swim) 11:00AM-12:30PM (Rec Swim) 5:30PM-8:30PM (Rec Swim)	6:00AM-8:15AM (Rec Swim) 6:30PM-8:30PM (Rec Swim)	6:00AM-8:15AM (Rec Swim) 11:00AM-12:30PM (Rec Swim) 5:30PM-8:30PM (Rec Swim)	1:00PM-3:00PM (Rec Swim)	8:00AM-1:30PM (Rec Swim)
Lane Swim Drop-in Program	6:00AM-8:15AM (Lane Swim) 11:00AM-12:30PM (Lane Swim) 4:00PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Lane Swim) 12:00PM-1:00PM (Lane Swim) 4:00PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Lane Swim) 11:00AM-12:30PM (Lane Swim) 4:00PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Lane Swim) 12:00PM-1:00PM (Lane Swim) 4:00PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Lane Swim) 11:00AM-12:30PM (Lane Swim) 4:00PM-8:45PM (Lane Swim)	8:00AM-9:15AM (Lane Swim) 1:00PM-3:00PM (Lane Swim)	8:00AM-1:45PM (Lane Swim)
AquaFit Drop-in Program	8:30AM-9:15AM (Aquatic Fitness) 4:30PM-5:15PM (Aquatic Fitness)	11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 4:30PM-5:15PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness) 11:15AM-12:00PM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
Otter/Seal Sign Up		4:20PM-4:50PM (Swim Lessons (6-13)) 5:00PM-5:30PM (Swim Lessons (6-13)) 6:20PM-6:50PM (Swim Lessons (6-13)) 7:00PM-7:30PM (Swim Lessons (6-13)) 7:00PM-7:30PM (Swim Lessons (6-13))				9:30AM-10:00AM (Swim Lessons (6-13)) 10:10AM-10:40AM (Swim Lessons (6-13)) 10:50AM-11:20AM (Swim Lessons (6-13))	
Parent and Tot 1/2/3 Sign Up		4:20PM-4:50PM (Parent and Tot Swim Lessons (0-3))				12:10PM-12:40PM (Parent and Tot Swim Lessons (0-3))	
Surfer/Jumper Sign Up		4:20PM-4:50PM (Swim Lessons (3-5)) 6:20PM-6:50PM (Swim Lessons (3-5))				10:10AM-10:40AM (Swim Lessons (3-5)) 11:30AM-12:00PM (Swim Lessons (3-5))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Swimmer Sign Up		4:20PM-4:50PM (Swim Lessons (6-13)) 6:20PM-6:50PM (Swim Lessons (6-13))				11:30AM-12:00PM (Swim Lessons (6-13))	
Star 3/Star 4 Sign Up		4:20PM-4:50PM (Swim Lessons (6-13))				11:30AM-12:00PM (Swim Lessons (6-13))	
Bobber/Floater Sign Up		5:00PM-5:30PM (Swim Lessons (3-5)) 5:00PM-5:30PM (Swim Lessons (3-5)) 5:40PM-6:10PM (Swim Lessons (3-5)) 5:40PM-6:10PM (Swim Lessons (3-5)) 6:20PM-6:50PM (Swim Lessons (3-5))				9:30AM-10:00AM (Swim Lessons (3-5)) 10:10AM-10:40AM (Swim Lessons (3-5)) 10:10AM-10:40AM (Swim Lessons (3-5)) 11:30AM-12:00PM (Swim Lessons (3-5))	
Dolphin Sign Up		5:00PM-5:30PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13)) 6:20PM-6:50PM (Swim Lessons (6-13))				10:50AM-11:20AM (Swim Lessons (6-13)) 12:10PM-12:40PM (Swim Lessons (6-13))	
Star 2 Sign Up		5:00PM-5:30PM (Swim Lessons (6-13))				10:50AM-11:20AM (Swim Lessons (6-13))	
Star 1 Sign Up		5:40PM-6:10PM (Swim Lessons (6-13))				9:30AM-10:00AM (Swim Lessons (6-13))	
Glider/Diver Sign Up		5:40PM-6:10PM (Swim Lessons (3-5)) 7:00PM-7:30PM (Swim Lessons (3-5))				9:30AM-10:00AM (Swim Lessons (3-5)) 10:50AM-11:20AM (Swim Lessons (3-5))	
Adult 1/2/3 Sign Up		7:00PM-7:30PM (Swim Lessons (18+))				12:10PM-12:40PM (Swim Lessons (18+))	
Star 5/Star 6 Sign Up		7:00PM-7:30PM (Swim Lessons (6-13))				12:10PM-12:40PM (Swim Lessons (6-13))	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Paddleboard Pilates Sign Up				4:30PM-5:15PM (Aquatic Fitness) 5:30PM-6:15PM (Aquatic Fitness)			