



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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim Drop-in Program	6:00AM-8:15AM (Rec Swim)	6:00AM-8:15AM (Rec Swim)	6:00AM-8:15AM (Rec Swim)	6:00AM-8:15AM (Rec Swim)	6:00AM-8:15AM (Rec Swim)	8:00AM-9:15AM (Rec Swim)	
AquaFit Drop-in Program	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) 7:00PM-7:45PM (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)	
Lane Swim Drop-in Program	9:30AM-2:00PM (Lane Swim) 4:00PM-5:00PM (Lane Swim) 6:45PM-7:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim) 7:30PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim) 6:45PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim) 7:30PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim) 4:00PM-8:00PM (Lane Swim)	1:15PM-3:45PM (Lane Swim)	8:00AM-3:45PM (Lane Swim)
Open Swim Drop-in Program	9:30AM-2:00PM (Rec Swim) 5:30PM-7:00PM (Rec Swim) 7:45PM-8:30PM (Rec Swim)	12:00PM-2:00PM (Rec Swim) 7:30PM-8:30PM (Rec Swim)	9:30AM-2:00PM (Rec Swim) 5:30PM-7:00PM (Rec Swim) 7:45PM-8:30PM (Rec Swim)	12:00PM-2:00PM (Rec Swim) 7:30PM-8:30PM (Rec Swim)	9:30AM-12:00PM (Rec Swim) 4:00PM-5:00PM (Rec Swim) 6:00PM-8:00PM (Rec Swim)	1:15PM-3:30PM (Rec Swim)	8:00AM-3:30PM (Rec Swim)
AquaFit Deep Drop-in Program	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				
Aqua Yoga Drop-in Program					12:00PM-12:45PM (Aquatic Fitness)		
Paddleboard Yoga Sign Up					5:00PM-6:00PM (Aquatic Fitness)		