

Family YMCA of St.Thomas-Elgin | November 10th - November 16th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult 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)	6:00AM-8:15AM (Rec Swim)	8:00AM-9:15AM (Rec Swim)	
<u>Drop-in Program</u>							
Aquafit Drop-in Program	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	8:30AM-9:15AM (Aquatic Fitness)	
	4:30PM-5:15PM (Aquatic Fitness)	11:15AM-12:00PM (Aquatic Fitness)	7:00PM-7:45PM (Aquatic Fitness)	11:15AM-12:00PM (Aquatic Fitness)			
Lane Swim Drop-in Program	9:30AM-2:00PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)	1:15PM-3:45PM (Lane Swim)	8:00AM-3:45PM (Lane Swim)
	4:00PM-5:00PM (Lane Swim)	7:30PM-8:45PM (Lane Swim)	6:45PM-8:45PM (Lane Swim)	7:30PM-8:45PM (Lane Swim)	4:00PM-8:00PM (Lane Swim)		
	6:45PM-7:45PM (Lane Swim)						
Open Swim Drop-in Program	9:30AM-2:00PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)	9:30AM-2:00PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)	9:30AM-12:00PM (Rec Swim)	1:15PM-3:30PM (Rec Swim)	8:00AM-3:30PM (Rec Swim)
	5:30PM-7:00PM (Rec Swim)	7:30PM-8:30PM (Rec Swim)	5:30PM-7:00PM (Rec Swim)	7:30PM-8:30PM (Rec Swim)	4:00PM-5:00PM (Rec Swim)		
	7:45PM-8:30PM (Rec Swim)		7:45PM-8:30PM (Rec Swim)		6:00PM-8:00PM (Rec Swim)		
Aquafit Deep	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				
<u>Drop-in Program</u>							
Aqua Yoga					12:00PM-12:45PM (Aquatic Fitness)		
<u>Drop-in Program</u>							
Bronze Medallion & Emergency First Aid					4:00PM-7:30PM (Bronze Medallion & Emergency First Aid)		
Registration Closed					Emergency riist Alu)		