



Family YMCA of St.Thomas-Elgin | January 12th - January 18th

	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)	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)	6:45PM-7:30PM (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)		8:00AM-3:45PM (Lane Swim)
	4:00PM-5:00PM (Lane Swim)	4:00PM-4:30PM (Lane Swim)	6:45PM-8:45PM (Lane Swim)	4:00PM-4:30PM (Lane Swim)	4:00PM-8:00PM (Lane Swim)		
	7:30PM-8:45PM (Lane Swim)		7:30PM-8:45PM (Lane Swim)	7:30PM-8:45PM (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)		8:00AM-3:30PM (Rec Swim)
	5:30PM-6:45PM (Rec Swim)	7:30PM-8:30PM (Rec Swim)	5:30PM-6:45PM (Rec Swim)	7:30PM-8:30PM (Rec Swim)			
	7:30PM-8:30PM (Rec Swim)		7:30PM-8:30PM (Rec Swim)				
Aquafit Deep Drop-in Program	6:45PM-7:30PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				
Aqua Yoga Drop-in Program					12:00PM-12:45PM (Aquatic Fitness)		