



Family YMCA of St.Thomas-Elgin | June 16th - June 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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)	
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)		