



## Family YMCA of St.Thomas-Elgin | April 28th - May 4th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lane Swim</b> <a href="#">Drop-in Program</a>	6:00AM-8:15AM (Rec Swim)  9:30AM-5:00PM (Lane Swim)  6:45PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Rec Swim)  9:30AM-1:30PM (Lane Swim)  4:00PM-5:00PM (Lane Swim)  7:30PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Rec Swim)  9:30AM-5:00PM (Lane Swim)  6:45PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Rec Swim)  9:30AM-1:30PM (Lane Swim)  4:00PM-5:00PM (Lane Swim)  7:30PM-8:45PM (Lane Swim)	6:00AM-8:15AM (Rec Swim)  9:30AM-1:30PM (Lane Swim)  4:00PM-5:00PM (Lane Swim)  6:45PM-8:45PM (Lane Swim)	9:15AM-3:45PM (Lane Swim)	8:00AM-3:45PM (Lane Swim)
<b>AquaFit</b> <a href="#">Drop-in Program</a>	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)	
<b>Open Swim</b> <a href="#">Drop-in Program</a>	9:30AM-4:00PM (Rec Swim)  5:15PM-7:00PM (Rec Swim)  7:45PM-8:30PM (Rec Swim)	12:00PM-1:00PM (Rec Swim)	12:15PM-4:00PM (Rec Swim)  5:15PM-7:00PM (Rec Swim)  7:45PM-8:30PM (Rec Swim)	12:00PM-1:00PM (Rec Swim)  7:30PM-8:30PM (Rec Swim)	9:30AM-12:00PM (Rec Swim)  4:00PM-8:30PM (Rec Swim)	1:00PM-3:30PM (Rec Swim)	8:00AM-3:30PM (Rec Swim)
<b>AquaFit Deep</b> <a href="#">Drop-in Program</a>	7:00PM-7:45PM (Aquatic Fitness)		4:30PM-5:15PM (Aquatic Fitness)				
<b>Aqua Yoga</b> <a href="#">Drop-in Program</a>					12:00PM-12:45PM (Aquatic Fitness)		
<b>Adult Swim</b> <a href="#">Drop-in Program</a>						8:00AM-9:15AM (Rec Swim)	8:00AM-9:15AM (Rec Swim)