



## Family YMCA of St.Thomas-Elgin | August 4th - August 10th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Adult Swim</b> <a href="#">Drop-in Program</a>	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)	
<b>AquaFit</b> <a href="#">Drop-in Program</a>	8:30AM-9:15AM (Aquatic Fitness)  4:00PM-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>Lane Swim</b> <a href="#">Drop-in Program</a>	9:30AM-12:00PM (Lane Swim)  3:00PM-4:30PM (Lane Swim)  7:00PM-8:45PM (Lane Swim)	9:30AM-12:00PM (Lane Swim)  3:00PM-4:30PM (Lane Swim)  7:00PM-8:45PM (Lane Swim)	9:30AM-12:00PM (Lane Swim)  3:00PM-4:30PM (Lane Swim)  7:00PM-8:45PM (Lane Swim)	9:30AM-12:00PM (Lane Swim)  3:00PM-4:30PM (Lane Swim)  7:00PM-8:45PM (Lane Swim)	9:30AM-12:00PM (Lane Swim)  3:00PM-6:00PM (Lane Swim)	1:00PM-3:45PM (Lane Swim)	8:00AM-3:45PM (Lane Swim)
<b>Open Swim</b> <a href="#">Drop-in Program</a>	9:30AM-11:45AM (Rec Swim)  3:00PM-4:00PM (Rec Swim)  7:45PM-8:30PM (Rec Swim)	9:30AM-11:00AM (Rec Swim)  3:00PM-4:00PM (Rec Swim)  7:00PM-8:30PM (Rec Swim)	9:30AM-11:45AM (Rec Swim)  3:00PM-4:00PM (Rec Swim)  7:45PM-8:30PM (Rec Swim)	9:30AM-11:00AM (Rec Swim)  3:00PM-4:00PM (Rec Swim)  7:00PM-8:30PM (Rec Swim)	9:30AM-11:45AM (Rec Swim)  3:00PM-5:45PM (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)						