



## Family YMCA of St.Thomas-Elgin | April 27th - May 3rd

	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)  4:30PM-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>Lane Swim</b> <a href="#">Drop-in Program</a>	9:30AM-2:00PM (Lane Swim)  4:00PM-5:00PM (Lane Swim)  6:45PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)  4:00PM-4:30PM (Lane Swim)  7:35PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)  6:45PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)  4:00PM-4:30PM (Lane Swim)  7:35PM-8:45PM (Lane Swim)	9:30AM-2:00PM (Lane Swim)  5:45PM-8:00PM (Lane Swim)	1:15PM-3:45PM (Lane Swim)	8:00AM-3:45PM (Lane Swim)
<b>Open Swim</b> <a href="#">Drop-in Program</a>	9:30AM-2:00PM (Rec Swim)  5:30PM-6:45PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)  7:30PM-8:30PM (Rec Swim)	12:15PM-2:00PM (Rec Swim)  5:30PM-6:45PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)  7:30PM-8:30PM (Rec Swim)	9:30AM-11:45AM (Rec Swim)  4:00PM-8:00PM (Rec Swim)	1:15PM-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)		