



Petrolia YMCA | October 6th - October 12th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|--|---|---|--|--|--|
| Lane Swim Drop-in Program | 6:30AM-7:30AM (Lane Swim) 11:30AM-2:00PM (Lane Swim) | 6:30AM-7:30AM (Lane Swim) 11:30AM-2:00PM (Lane Swim) | 6:30AM-7:30AM (Lane Swim) 11:30AM-2:00PM (Lane Swim) | 6:30AM-7:30AM (Lane Swim) 11:30AM-2:00PM (Lane Swim) | 6:30AM-7:30AM (Lane Swim) 11:30AM-2:00PM (Lane Swim) | 7:30AM-8:30AM (Lane Swim) | 7:30AM-8:30AM (Lane Swim) |
| Aquafit Drop-in Program | 8:15AM-9:00AM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) 10:15AM-11:00AM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) | 8:15AM-9:00AM (Aquatic Fitness) | | |
| Water Walking Drop-in Program | 9:15AM-10:00AM (Aquatic Fitness) | | | | 9:15AM-10:00AM (Aquatic Fitness) | | |
| Open Swim Drop-in Program | 10:00AM-11:00AM (Rec Swim) 10:00AM-11:00AM (Rec Swim) 11:30AM-2:00PM (Rec Swim) | 11:30AM-2:00PM (Rec Swim) | 11:30AM-2:00PM (Rec Swim) | 11:30AM-2:00PM (Rec Swim) | 10:00AM-11:00AM (Rec Swim) 10:00AM-11:00AM (Rec Swim) 11:30AM-2:00PM (Rec Swim) 5:00PM-8:00PM (Rec Swim) 5:00PM-8:00PM (Rec Swim) | 1:00PM-3:30PM (Rec Swim) 1:00PM-3:30PM (Rec Swim) | 1:00PM-3:30PM (Rec Swim) 1:00PM-3:30PM (Rec Swim) |
| AquaDance Drop-in Program | 6:15PM-7:00PM (Aquatic Fitness) | | 2:15PM-3:00PM (Aquatic Fitness) | 10:15AM-11:00AM (Aquatic Fitness) | | | 9:15AM-10:00AM (Aquatic Fitness) |
| AquaTherapy Drop-in Program | | | 10:15AM-11:00AM (Aquatic Fitness) | | | | |