



## Sarnia-Lambton YMCA Jerry McCaw Family Centre | July 22nd - July 28th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Lane Swim</b> <a href="#">Drop-in Program</a>	6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	7:00AM-2:00PM (Lane Swim)	7:00AM-2:00PM (Lane Swim)
<b>Adult Swim</b> <a href="#">Drop-in Program</a>	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)
<b>Parent and Tot Rec Swim</b> <a href="#">Drop-in Program</a>	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
<b>Open Swim</b> <a href="#">Drop-in Program</a>	5:30PM-7:30PM (Rec Swim)  5:30PM-7:30PM (Rec Swim)	6:30PM-8:00PM (Rec Swim)  6:30PM-8:00PM (Rec Swim)	6:30PM-8:00PM (Rec Swim)  6:30PM-8:00PM (Rec Swim)	6:30PM-8:00PM (Rec Swim)  6:30PM-8:00PM (Rec Swim)	5:30PM-7:30PM (Rec Swim)  5:30PM-7:30PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)  12:00PM-2:00PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)  12:00PM-2:00PM (Rec Swim)