

## Sarnia-Lambton YMCA Jerry McCaw Family Centre | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Drop-in Program	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)
<u>Diop-in Frogram</u>							
Adult Swim	8:00AM-9:00AM	8:00AM-9:00AM	8:00AM-9:00AM	8:00AM-9:00AM	8:00AM-9:00AM	9:00AM-10:30AM	9:00AM-10:30AM
<u>Drop-in Program</u>	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)
Parent and Tot 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)	10:30AM-11:45AM (Rec Swim)	10:30AM-11:45AM (Rec Swim)
<u>Drop-in Program</u>							
Open Swim	5:30PM-7:30PM	6:30PM-8:00PM	6:30PM-8:00PM	6:30PM-8:00PM	5:30PM-7:30PM	12:00PM-2:00PM	12:00PM-2:00PM
Daniel Daniel	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)	(Rec Swim)
<u>Drop-in Program</u>	5:30PM-7:30PM (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)		
Aquafit		10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
<u>Drop-in Program</u>		(	(	(* 14 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	(		