



Sarnia-Lambton YMCA Jerry McCaw Family Centre | January 12th - January 18th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Drop-in Program	6:00AM-8:45PM (Lane Swim)	6:00AM-8:45PM (Lane Swim)	6:00AM-8:45PM (Lane Swim)	6:00AM-8:45PM (Lane Swim)	6:00AM-8:45PM (Lane Swim)		7:00AM-3:00PM (Lane Swim)
Adult Swim Drop-in Program	8:30AM-9:00AM (Rec Swim) 10:45AM-12:30PM (Rec Swim) 2:30PM-3:30PM (Rec Swim)	8:30AM-9:00AM (Rec Swim) 10:45AM-12:30PM (Rec Swim) 2:30PM-3:30PM (Rec Swim)	8:30AM-9:00AM (Rec Swim) 10:45AM-12:30PM (Rec Swim) 2:30PM-3:30PM (Rec Swim)	8:30AM-9:00AM (Rec Swim) 10:45AM-12:30PM (Rec Swim) 2:30PM-3:30PM (Rec Swim)	8:30AM-9:00AM (Rec Swim) 10:45AM-12:30PM (Rec Swim) 2:30PM-3:30PM (Rec Swim)	8:30AM-9:00AM (Rec Swim) 2:00PM-2:30PM (Rec Swim)	8:30AM-10:15AM (Rec Swim) 2:00PM-2:30PM (Rec Swim)
Family Swim Drop-in Program	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-12:00PM (Rec Swim)
Aquafit Drop-in Program	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness) 7:00PM-7:45PM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
Open Swim Drop-in Program	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)	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)
Adult Lane Swim Drop-in Program	7:00PM-8:00PM (Lane Swim)		7:00PM-8:00PM (Lane Swim)				9:15AM-10:15AM (Lane Swim)