



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

	<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-8:45PM (Lane Swim)		7:00AM-3:00PM (Lane Swim)				
<b>Adult Swim</b> <a href="#">Drop-in Program</a>	8:30AM-9:00AM (Rec Swim)	8:30AM-9:00AM (Rec Swim)	8:30AM-10:15AM (Rec Swim)				
	10:45AM-12:30PM (Rec Swim)	2:00PM-2:30PM (Rec Swim)	2:00PM-2:30PM (Rec Swim)				
<b>Family Swim</b> <a href="#">Drop-in Program</a>	9:00AM-10:30AM (Rec Swim)		10:30AM-12:00PM (Rec Swim)				
<b>Aquafit</b> <a href="#">Drop-in Program</a>	10:45AM-11:30AM (Aquatic Fitness)						
	7:00PM-7:45PM (Aquatic Fitness)			7:00PM-7:45PM (Aquatic Fitness)			
<b>Open Swim</b> <a href="#">Drop-in Program</a>	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)	12:00PM-2:00PM (Rec Swim)	12:00PM-2:00PM (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)	12:00PM-2:00PM (Rec Swim)	12:00PM-2:00PM (Rec Swim)
<b>Adult Lane Swim</b> <a href="#">Drop-in Program</a>	7:00PM-8:00PM (Lane Swim)		7:00PM-8:00PM (Lane Swim)				9:15AM-10:15AM (Lane Swim)