



StarTech.com Community Centre, YMCA, & Library | July 22nd - July 28th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Drop-in Program	6:00AM-7:45AM (Lane Swim) 11:00AM-1:00PM (Lane Swim) 3:00PM-4:15PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	6:00AM-7:45AM (Lane Swim) 11:00AM-1:00PM (Lane Swim) 3:00PM-4:15PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	6:00AM-7:45AM (Lane Swim) 11:00AM-1:00PM (Lane Swim) 3:00PM-4:15PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	6:00AM-7:45AM (Lane Swim) 10:00AM-1:00PM (Lane Swim) 3:00PM-4:15PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	6:00AM-7:45AM (Lane Swim) 11:00AM-1:00PM (Lane Swim) 3:00PM-4:15PM (Lane Swim) 7:15PM-8:00PM (Lane Swim)	8:00AM-9:15AM (Lane Swim)	9:30AM-12:00PM (Lane Swim)
Stroke Improvement (age 18+) Drop-in Program	6:00AM-7:00AM (Swim Lessons (18+))						
Aquafit Drop-in Program	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness) 10:00AM-10:45AM (Aquatic Fitness) 7:15PM-8:00PM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness) 10:00AM-10:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	8:00AM-8:45AM (Aquatic Fitness) 9:00AM-9:45AM (Aquatic Fitness) 10:00AM-10:45AM (Aquatic Fitness)		8:30AM-9:15AM (Aquatic Fitness)
Parent and Tot 1/2/3 Sign Up	10:05AM-10:35AM (Parent and Tot Swim Lessons (0-3)) 4:30PM-5:00PM (Parent and Tot Swim Lessons (0-3))	10:40AM-11:10AM (Parent and Tot Swim Lessons (0-3)) 4:30PM-5:00PM (Parent and Tot Swim Lessons (0-3))	5:40PM-6:10PM (Parent and Tot Swim Lessons (0-3))	11:15AM-11:45AM (Parent and Tot Swim Lessons (0-3))		9:30AM-10:00AM (Parent and Tot Swim Lessons (0-3)) 11:30AM-12:00PM (Parent and Tot Swim Lessons (0-3))	
Preschool 3 Sign Up	10:40AM-11:10AM (Swim Lessons (3-5)) 4:30PM-5:00PM (Swim Lessons (3-5)) 5:05PM-5:35PM (Swim Lessons (3-5)) 6:15PM-6:45PM (Swim Lessons (3-5))	10:05AM-10:35AM (Swim Lessons (3-5))	6:15PM-6:45PM (Swim Lessons (3-5))				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Family Swim Drop-in Program	11:00AM-12:00PM (Rec Swim) 7:15PM-8:30PM (Rec Swim)	11:00AM-1:00PM (Rec Swim)	10:00AM-12:00PM (Rec Swim)	10:00AM-12:00PM (Rec Swim) 3:00PM-4:15PM (Rec Swim)	10:00AM-12:00PM (Rec Swim) 3:00PM-4:15PM (Rec Swim)		
Swimmer 1 Sign Up	11:15AM-11:45AM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))		5:40PM-6:10PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:20PM-5:50PM (Swim Lessons (6-13))		10:40AM-11:10AM (Swim Lessons (6-13)) 11:15AM-11:45AM (Swim Lessons (6-13)) 11:15AM-11:45AM (Swim Lessons (6-13))	
Swimmer 4 Sign Up	4:30PM-5:15PM (Swim Lessons (6-13)) 4:30PM-5:00PM (Swim Lessons (6-13)) 5:20PM-6:10PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13))	5:05PM-5:35PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))				
Swimmer 5/6 Sign Up	4:30PM-5:15PM (Swim Lessons (6-13))		6:15PM-7:00PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))		10:40AM-11:25AM (Swim Lessons (6-13))	
Swimmer 2 Sign Up	5:05PM-5:35PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	5:40PM-6:10PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:20PM-5:50PM (Swim Lessons (6-13))	10:40AM-11:10AM (Swim Lessons (6-13))		9:30AM-10:00AM (Swim Lessons (6-13)) 10:40AM-11:10AM (Swim Lessons (6-13))	
Preschool 4/5 Sign Up	5:05PM-5:35PM (Swim Lessons (3-5))	6:15PM-6:45PM (Swim Lessons (3-5))	5:05PM-5:35PM (Swim Lessons (3-5)) 5:05PM-5:35PM (Swim Lessons (3-5))	4:30PM-5:00PM (Swim Lessons (3-5)) 5:55PM-6:25PM (Swim Lessons (3-5))			
Swimmer 8/9 Sign Up	5:05PM-5:50PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))				
Swimmer 3 Sign Up	5:20PM-5:50PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	11:15AM-11:45AM (Swim Lessons (6-13)) 4:30PM-5:00PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13))	5:05PM-5:35PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))		10:05AM-10:35AM (Swim Lessons (6-13))	
Swimmer 7/8 Sign Up	5:55PM-6:40PM (Swim Lessons (6-13))	6:15PM-7:00PM (Swim Lessons (6-13))	6:15PM-7:00PM (Swim Lessons (6-13))				

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool 2 Sign Up	5:55PM-6:25PM (Swim Lessons (3-5))	10:05AM-10:35AM (Swim Lessons (3-5))	5:05PM-5:35PM (Swim Lessons (3-5)) 6:15PM-6:45PM (Swim Lessons (3-5))			11:15AM-11:45AM (Swim Lessons (3-5))	
swimmer 2 Sign Up	6:30PM-7:00PM (Swim Lessons (6-13))						
Adult 1/2/3 Sign Up	6:45PM-7:15PM (Swim Lessons (18+))	5:05PM-5:35PM (Swim Lessons (18+)) 5:40PM-6:10PM (Swim Lessons (18+))	5:05PM-5:35PM (Swim Lessons (18+)) 5:40PM-6:10PM (Swim Lessons (18+))	5:05PM-5:35PM (Swim Lessons (18+))			
Preschool 1 Sign Up		10:40AM-11:10AM (Swim Lessons (3-5)) 5:05PM-5:35PM (Swim Lessons (3-5)) 6:30PM-7:00PM (Swim Lessons (3-5))	4:30PM-5:00PM (Swim Lessons (3-5)) 5:40PM-6:10PM (Swim Lessons (3-5)) 6:15PM-6:45PM (Swim Lessons (3-5))	10:05AM-10:35AM (Swim Lessons (3-5)) 5:40PM-6:10PM (Swim Lessons (3-5)) 6:15PM-6:45PM (Swim Lessons (3-5))		9:30AM-10:00AM (Swim Lessons (3-5)) 10:05AM-10:35AM (Swim Lessons (3-5))	
Adult 1 Sign Up		11:15AM-11:45AM (Swim Lessons (18+))					
preschool 3 Sign Up		5:40PM-6:10PM (Swim Lessons (3-5))					
Open Swim Drop-in Program		7:15PM-8:30PM (Rec Swim)	7:15AM-8:30AM (Rec Swim)	7:15PM-8:30PM (Rec Swim)	7:15PM-8:00PM (Rec Swim)	12:15PM-2:00PM (Rec Swim)	12:15PM-2:00PM (Rec Swim)
Teen 1/2/3 Sign Up			4:30PM-5:00PM (Swim Lessons (13-17))				
Y Torpedoes (age 6-9) Sign Up				4:35PM-5:20PM (Y Torpedoes)			
Y Torpedoes (age 10-12) Sign Up				5:25PM-6:10PM (Y Torpedoes)			
Y Torpedoes (age 13-16) Sign Up				6:15PM-7:00PM (Y Torpedoes)			
Underwater Hockey (13+) Drop-in Program					8:00PM-9:30PM (Rec Swim)		