



Stoney Creek Community Centre, YMCA & Library | July 28th - August 3rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Drop-in Program	6:15AM-11:45AM (Lane Swim) 1:00PM-3:00PM (Lane Swim) 8:30PM-9:30PM (Lane Swim)	6:15AM-11:45AM (Lane Swim) 8:30PM-9:30PM (Lane Swim)	6:15AM-11:45AM (Lane Swim) 1:00PM-3:00PM (Lane Swim) 8:30PM-9:30PM (Lane Swim)	6:15AM-11:45AM (Lane Swim) 8:30PM-9:30PM (Lane Swim)	6:15AM-11:45AM (Lane Swim) 1:00PM-5:00PM (Lane Swim)	8:15AM-11:45AM (Lane Swim) 3:00PM-4:00PM (Lane Swim)	8:15AM-12:45PM (Lane Swim) 3:00PM-4:00PM (Lane Swim)
Aquafit Drop-in Program	9:15AM-10:00AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	9:15AM-10:00AM (Aquatic Fitness) 12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	
Water Walking Drop-in Program	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)			
Open Swim Drop-in Program	11:00AM-11:45AM (Rec Swim) 7:15PM-8:30PM (Rec Swim)	11:00AM-11:45AM (Rec Swim) 7:15PM-8:30PM (Rec Swim)	11:00AM-11:45AM (Rec Swim) 7:15PM-8:30PM (Rec Swim)	11:00AM-11:45AM (Rec Swim)	11:00AM-11:45AM (Rec Swim) 1:00PM-5:00PM (Rec Swim) 1:00PM-3:00PM (Rec Swim)	10:00AM-11:45AM (Rec Swim) 1:00PM-3:00PM (Rec Swim)	10:00AM-11:45AM (Rec Swim) 1:00PM-3:00PM (Rec Swim)
Parent and Tot 1/2/3 Sign Up	4:30PM-5:00PM (Parent and Tot Swim Lessons (0-3))	4:30PM-5:00PM (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))			
Swimmer 1 Sign Up	4:30PM-5:00PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:05PM-5:35PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))			
Swimmer 5 Sign Up	4:30PM-5:15PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13)) 6:15PM-7:00PM (Swim Lessons (6-13))			

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Preschool 4/5 Sign Up	5:55PM-6:25PM (Swim Lessons (3-5))	5:05PM-5:35PM (Swim Lessons (3-5)) 5:55PM-6:25PM (Swim Lessons (3-5))	5:55PM-6:25PM (Swim Lessons (3-5))	5:05PM-5:35PM (Swim Lessons (3-5)) 6:30PM-7:00PM (Swim Lessons (3-5))			
Adult 1/2/3 Sign Up	6:15PM-7:00PM (Swim Lessons (18+))	4:30PM-5:15PM (Swim Lessons (18+)) 6:15PM-7:00PM (Swim Lessons (18+))	5:05PM-5:50PM (Swim Lessons (18+))	6:15PM-7:00PM (Swim Lessons (18+))			
Open Swim (2 feet) Drop-in Program	7:15PM-8:30PM (Rec Swim)	7:15PM-8:30PM (Rec Swim)	7:15PM-8:30PM (Rec Swim)				
Teen 1/2/3 Sign Up		6:15PM-7:00PM (Swim Lessons (13-17))					
Gentle Joints Drop-in Program			10:00AM-10:45AM (Aquatic Fitness)		10:00AM-10:45AM (Aquatic Fitness)		
Stroke Improvement (age 18+) Sign Up				6:15PM-7:00PM (Swim Lessons (18+))			
Y Torpedoes (age 13-16) Sign Up				7:15PM-8:15PM (Y Torpedoes)			
Y Torpedoes (age 10-12) Sign Up				7:15PM-8:15PM (Y Torpedoes)			
Junior Lifeguard Club (age 10-12) Sign Up				7:15PM-8:15PM (Junior Lifeguard Club)			
Junior Lifeguard Club (age 13-16) Sign Up				7:15PM-8:15PM (Junior Lifeguard Club)			
Y Torpedoes (age 6-9) Sign Up				7:15PM-8:15PM (Y Torpedoes)			