



## Stoney Creek Community Centre, YMCA & Library | April 28th - May 4th

|  | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday   | Sunday   |
|--|--|--|--|---|--|--|--|
| <b>Lane Swim</b><br><a href="#">Drop-in Program</a>          | 6:15AM-11:45AM<br>(Lane Swim)<br><br>1:00PM-3:00PM<br>(Lane Swim)<br><br>7:15PM-9:30PM<br>(Lane Swim)                              | 6:15AM-11:45AM<br>(Lane Swim)<br><br>1:00PM-3:00PM<br>(Lane Swim)<br><br>7:15PM-9:30PM<br>(Lane Swim)                              | 6:15AM-11:45AM<br>(Lane Swim)<br><br>1:00PM-3:00PM<br>(Lane Swim)<br><br>7:15PM-9:30PM<br>(Lane Swim)                              | 6:15AM-11:45AM<br>(Lane Swim)<br><br>1:00PM-3:00PM<br>(Lane Swim)<br><br>8:30PM-9:30PM<br>(Lane Swim) | 6:15AM-11:45AM<br>(Lane Swim)<br><br>1:00PM-3:00PM<br>(Lane Swim)<br><br>7:15PM-9:30PM<br>(Lane Swim)                              | 8:15AM-9:00AM<br>(Lane Swim)<br><br>2:30PM-4:30PM<br>(Lane Swim)   | 8:15AM-11:15AM<br>(Lane Swim)<br><br>2:30PM-4:30PM<br>(Lane Swim)                      |
| <b>Aquafit</b><br><a href="#">Drop-in Program</a>            | 9:15AM-10:00AM<br>(Aquatic Fitness)<br><br>12:00PM-12:45PM<br>(Aquatic Fitness)  | 12:00PM-12:45PM<br>(Aquatic Fitness)   | 9:15AM-10:00AM<br>(Aquatic Fitness)<br><br>12:00PM-12:45PM<br>(Aquatic Fitness)  | 12:00PM-12:45PM<br>(Aquatic Fitness)  | 12:00PM-12:45PM<br>(Aquatic Fitness)   | 12:00PM-12:45PM<br>(Aquatic Fitness)   |  |
| <b>Water Walking</b><br><a href="#">Drop-in Program</a>      | 10:00AM-10:45AM<br>(Aquatic Fitness)   | 10:00AM-10:45AM<br>(Aquatic Fitness)   |  | 10:00AM-10:45AM<br>(Aquatic Fitness)  |  |  |  |
| <b>Open Swim (4 feet)</b><br><a href="#">Drop-in Program</a> | 11:00AM-11:45AM<br>(Rec Swim)  | 11:00AM-11:45AM<br>(Rec Swim)  |  | 11:00AM-11:45AM<br>(Rec Swim)   | 11:00AM-11:45AM<br>(Rec Swim)  |  |  |
| <b>Parent and Tot 1/2/3</b><br><a href="#">Sign Up</a>       | 4:30PM-5:00PM<br>(Parent and Tot Swim Lessons (0-3))   | 4:30PM-5:00PM<br>(Parent and Tot Swim Lessons (0-3))   |  | 5:40PM-6:10PM<br>(Parent and Tot Swim Lessons (0-3))  | 4:30PM-5:00PM<br>(Parent and Tot Swim Lessons (0-3))   | 9:15AM-9:45AM<br>(Parent and Tot Swim Lessons (0-3))<br><br>10:40AM-11:10AM<br>(Parent and Tot Swim Lessons (0-3)) | 11:45AM-12:15PM<br>(Parent and Tot Swim Lessons (0-3))                                 |
| <b>Swimmer 1</b><br><a href="#">Sign Up</a>                  | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:55PM-6:25PM<br>(Swim Lessons (6-13))<br><br>6:15PM-6:45PM<br>(Swim Lessons (6-13)) | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>5:55PM-6:25PM<br>(Swim Lessons (6-13)) | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:55PM-6:25PM<br>(Swim Lessons (6-13))<br><br>6:15PM-6:45PM<br>(Swim Lessons (6-13)) | 5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>6:15PM-6:45PM<br>(Swim Lessons (6-13))                  | 5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:20PM-5:50PM<br>(Swim Lessons (6-13))   | 9:50AM-10:20AM<br>(Swim Lessons (6-13))<br><br>10:40AM-11:10AM<br>(Swim Lessons (6-13))                            | 11:45AM-12:15PM<br>(Swim Lessons (6-13))<br><br>1:10PM-1:40PM<br>(Swim Lessons (6-13)) |
| <b>Swimmer 5</b><br><a href="#">Sign Up</a>                  | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 4:30PM-5:15PM<br>(Swim Lessons (6-13))<br><br>6:15PM-7:00PM<br>(Swim Lessons (6-13))                  | 4:30PM-5:15PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:20PM<br>(Swim Lessons (6-13))<br><br>6:15PM-7:00PM<br>(Swim Lessons (6-13)) | 9:15AM-10:00AM<br>(Swim Lessons (6-13))<br><br>10:25AM-11:10AM<br>(Swim Lessons (6-13))                            | 12:20PM-1:05PM<br>(Swim Lessons (6-13))  |

|   | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday   | Sunday   |
|---|--|---|--|--|--|--|--|
| <b>Swimmer 6/7</b><br><a href="#">Sign Up</a> | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 5:05PM-5:50PM<br>(Swim Lessons (6-13))<br><br>6:15PM-7:00PM<br>(Swim Lessons (6-13))  | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 4:30PM-5:15PM<br>(Swim Lessons (6-13))<br><br>5:05PM-5:50PM<br>(Swim Lessons (6-13))   | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 11:00AM-11:45AM<br>(Swim Lessons (6-13))   | 12:20PM-1:05PM<br>(Swim Lessons (6-13))  |
| <b>Swimmer 8/9</b><br><a href="#">Sign Up</a> | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 5:05PM-5:50PM<br>(Swim Lessons (6-13))  |  | 4:30PM-5:15PM<br>(Swim Lessons (6-13))   | 5:40PM-6:25PM<br>(Swim Lessons (6-13))   | 11:00AM-11:45AM<br>(Swim Lessons (6-13))   | 12:20PM-1:05PM<br>(Swim Lessons (6-13))  |
| <b>Swimmer 2</b><br><a href="#">Sign Up</a>   | 5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>6:30PM-7:00PM<br>(Swim Lessons (6-13)) | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>6:30PM-7:00PM<br>(Swim Lessons (6-13))  | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13)) | 5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:55PM-6:25PM<br>(Swim Lessons (6-13)) | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>6:15PM-6:45PM<br>(Swim Lessons (6-13)) | 9:30AM-10:00AM<br>(Swim Lessons (6-13))<br><br>9:50AM-10:20AM<br>(Swim Lessons (6-13))<br><br>10:05AM-10:35AM<br>(Swim Lessons (6-13))<br><br>11:15AM-11:45AM<br>(Swim Lessons (6-13)) | 11:45AM-12:15PM<br>(Swim Lessons (6-13))<br><br>12:20PM-12:50PM<br>(Swim Lessons (6-13))<br><br>1:30PM-2:00PM<br>(Swim Lessons (6-13)) |
| <b>Preschool 1</b><br><a href="#">Sign Up</a> | 5:05PM-5:35PM<br>(Swim Lessons (3-5))<br><br>5:20PM-5:50PM<br>(Swim Lessons (3-5))   | 4:30PM-5:00PM<br>(Swim Lessons (3-5))<br><br>5:05PM-5:35PM<br>(Swim Lessons (3-5))<br><br>5:40PM-6:10PM<br>(Swim Lessons (3-5))<br><br>5:55PM-6:25PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5)) | 6:15PM-6:45PM<br>(Swim Lessons (3-5))  | 4:30PM-5:00PM<br>(Swim Lessons (3-5))<br><br>5:20PM-5:50PM<br>(Swim Lessons (3-5))<br><br>6:15PM-6:45PM<br>(Swim Lessons (3-5))    | 4:30PM-5:00PM<br>(Swim Lessons (3-5))<br><br>5:05PM-5:35PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5))  | 9:15AM-9:45AM<br>(Swim Lessons (3-5))<br><br>10:05AM-10:35AM<br>(Swim Lessons (3-5))<br><br>10:40AM-11:10AM<br>(Swim Lessons (3-5))<br><br>11:15AM-11:45AM<br>(Swim Lessons (3-5))     |  |
| <b>Swimmer 3</b><br><a href="#">Sign Up</a>   | 5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))   | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:55PM-6:25PM<br>(Swim Lessons (6-13))<br><br>6:30PM-7:00PM<br>(Swim Lessons (6-13))  | 5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>6:30PM-7:00PM<br>(Swim Lessons (6-13)) | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13)) | 5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>6:15PM-6:45PM<br>(Swim Lessons (6-13))   | 9:30AM-10:00AM<br>(Swim Lessons (6-13))<br><br>9:50AM-10:20AM<br>(Swim Lessons (6-13))<br><br>10:40AM-11:10AM<br>(Swim Lessons (6-13))<br><br>11:15AM-11:45AM<br>(Swim Lessons (6-13)) | 11:45AM-12:15PM<br>(Swim Lessons (6-13))<br><br>12:20PM-12:50PM<br>(Swim Lessons (6-13))<br><br>1:45PM-2:15PM<br>(Swim Lessons (6-13)) |
| <b>Swimmer 4</b><br><a href="#">Sign Up</a>   | 5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))   | 5:20PM-5:50PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))  | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))   | 4:30PM-5:00PM<br>(Swim Lessons (6-13))<br><br>5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13)) | 5:05PM-5:35PM<br>(Swim Lessons (6-13))<br><br>5:40PM-6:10PM<br>(Swim Lessons (6-13))<br><br>6:30PM-7:00PM<br>(Swim Lessons (6-13))   | 10:05AM-10:35AM<br>(Swim Lessons (6-13))<br><br>11:15AM-11:45AM<br>(Swim Lessons (6-13))   | 11:45AM-12:15PM<br>(Swim Lessons (6-13))   |

|  | Monday   | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|--|--|---|--|--|--|---|---|
| <b>Preschool 3</b><br><a href="#">Sign Up</a>                | 5:55PM-6:25PM<br>(Swim Lessons (3-5))<br><br>6:15PM-6:45PM<br>(Swim Lessons (3-5)) | 6:30PM-7:00PM<br>(Swim Lessons (3-5))   | 5:05PM-5:35PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5)) | 6:30PM-7:00PM<br>(Swim Lessons (3-5))  | 6:30PM-7:00PM<br>(Swim Lessons (3-5))  | 10:05AM-10:35AM<br>(Swim Lessons (3-5))   | 1:30PM-2:00PM<br>(Swim Lessons (3-5))                           |
| <b>Preschool 4/5</b><br><a href="#">Sign Up</a>              | 5:55PM-6:25PM<br>(Swim Lessons (3-5))  | 5:05PM-5:35PM<br>(Swim Lessons (3-5))<br><br>5:55PM-6:25PM<br>(Swim Lessons (3-5))  | 5:55PM-6:25PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5)) | 4:30PM-5:00PM<br>(Swim Lessons (3-5))<br><br>5:05PM-5:35PM<br>(Swim Lessons (3-5))<br><br>6:15PM-6:45PM<br>(Swim Lessons (3-5))  | 5:20PM-5:50PM<br>(Swim Lessons (3-5))<br><br>5:40PM-6:10PM<br>(Swim Lessons (3-5)) | 10:05AM-10:35AM<br>(Swim Lessons (3-5))<br><br>10:40AM-11:10AM<br>(Swim Lessons (3-5))<br><br>11:15AM-11:45AM<br>(Swim Lessons (3-5)) | 11:45AM-12:15PM<br>(Swim Lessons (3-5))                         |
| <b>Preschool 2</b><br><a href="#">Sign Up</a>                | 6:15PM-6:45PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5)) | 4:30PM-5:00PM<br>(Swim Lessons (3-5))<br><br>5:20PM-5:50PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5)) | 5:55PM-6:25PM<br>(Swim Lessons (3-5))<br><br>6:15PM-6:45PM<br>(Swim Lessons (3-5)) | 4:30PM-5:00PM<br>(Swim Lessons (3-5))<br><br>5:40PM-6:10PM<br>(Swim Lessons (3-5))<br><br>5:55PM-6:25PM<br>(Swim Lessons (3-5))<br><br>6:30PM-7:00PM<br>(Swim Lessons (3-5)) | 5:55PM-6:25PM<br>(Swim Lessons (3-5))  | 10:25AM-10:55AM<br>(Swim Lessons (3-5))<br><br>11:15AM-11:45AM<br>(Swim Lessons (3-5))  | 1:10PM-1:40PM<br>(Swim Lessons (3-5))                           |
| <b>Open Swim</b><br><a href="#">Drop-in Program</a>          | 7:15PM-8:15PM<br>(Rec Swim)  | 7:15PM-8:15PM<br>(Rec Swim)   | 7:15PM-8:15PM<br>(Rec Swim)  |  | 7:15PM-8:15PM<br>(Rec Swim)  | 2:30PM-4:30PM<br>(Rec Swim)   | 9:30AM-11:15AM<br>(Rec Swim)<br><br>2:30PM-4:30PM<br>(Rec Swim) |
| <b>Open Swim (2 feet)</b><br><a href="#">Drop-in Program</a> | 7:15PM-8:15PM<br>(Rec Swim)  | 7:15PM-8:15PM<br>(Rec Swim)   | 7:15PM-8:15PM<br>(Rec Swim)  |  | 7:15PM-8:15PM<br>(Rec Swim)  | 2:30PM-4:30PM<br>(Rec Swim)   | 9:30AM-11:15AM<br>(Rec Swim)<br><br>2:30PM-4:30PM<br>(Rec Swim) |
| <b>Adult 1/2/3</b><br><a href="#">Sign Up</a>                |  | 4:30PM-5:15PM<br>(Swim Lessons (18+))<br><br>6:15PM-7:00PM<br>(Swim Lessons (18+))<br><br>6:15PM-7:00PM<br>(Swim Lessons (18+)) | 5:05PM-5:50PM<br>(Swim Lessons (18+))  | 6:15PM-7:00PM<br>(Swim Lessons (18+))  | 4:30PM-5:15PM<br>(Swim Lessons (18+))<br><br>6:15PM-7:00PM<br>(Swim Lessons (18+)) | 9:15AM-10:00AM<br>(Swim Lessons (18+))<br><br>9:15AM-10:00AM<br>(Swim Lessons (18+))  |   |
| <b>Teen 1/2/3</b><br><a href="#">Sign Up</a>                 |  | 4:30PM-5:15PM<br>(Swim Lessons (13-17))   |  |  |  | 10:25AM-11:10AM<br>(Swim Lessons (13-17))   |   |
| <b>Gentle Joints</b><br><a href="#">Drop-in Program</a>      |  |   | 10:00AM-10:45AM<br>(Aquatic Fitness)   |  | 10:00AM-10:45AM<br>(Aquatic Fitness)   |   |   |

|   | Monday | Tuesday | Wednesday | Thursday                                 | Friday                                | Saturday                                 | Sunday |
|---|--------|---------|-----------|--|---------------------------------------|--|--------|
| <b>Stroke Improvement<br/>(age 18+)</b><br><a href="#">Sign Up</a>      |        |         |           | 6:15PM-7:00PM<br>(Swim Lessons (18+))    | 6:15PM-7:00PM<br>(Swim Lessons (18+)) |  |        |
| <b>Y Torpedoes (age 6-9)</b><br><a href="#">Sign Up</a>                 |        |         |           | 7:15PM-8:15PM<br>(Y Torpedoes)           |                                       | 1:00PM-2:00PM<br>(Y Torpedoes)           |        |
| <b>Y Torpedoes (age 10-12)</b><br><a href="#">Sign Up</a>               |        |         |           | 7:15PM-8:15PM<br>(Y Torpedoes)           |                                       | 1:00PM-2:00PM<br>(Y Torpedoes)           |        |
| <b>Y Torpedoes (age 13-16)</b><br><a href="#">Sign Up</a>               |        |         |           | 7:15PM-8:15PM<br>(Y Torpedoes)           |                                       | 1:00PM-2:00PM<br>(Y Torpedoes)           |        |
| <b>Junior Lifeguard Club<br/>(age 10-12)</b><br><a href="#">Sign Up</a> |        |         |           | 7:15PM-8:15PM<br>(Junior Lifeguard Club) |                                       | 1:00PM-2:00PM<br>(Junior Lifeguard Club) |        |
| <b>Junior Lifeguard Club<br/>(age 13-16)</b><br><a href="#">Sign Up</a> |        |         |           | 7:15PM-8:15PM<br>(Junior Lifeguard Club) |                                       | 1:00PM-2:00PM<br>(Junior Lifeguard Club) |        |