

## Centre Branch YMCA | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim		7:15AM-12:45PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)	7:15AM-12:45PM (Lane Swim)	8:15AM-1:30PM (Lane Swim)	8:15AM-1:30PM (Lane Swim)
Drop-in Program			4:00PM-8:00PM (Lane Swim)				
Adult Swim		7:15AM-12:45PM (Rec Swim)	7:15AM-11:45AM (Rec Swim)	7:15AM-8:45AM (Rec Swim)	7:15AM-9:45AM (Rec Swim)		8:15AM-9:15AM (Rec Swim)
<u>Orop-in Program</u>				10:00AM-10:45AM (Rec Swim)	11:00AM-11:45AM (Rec Swim)		
				12:15PM-12:45PM (Rec Swim)			
Bronze Medallion & Emergency First Aid		10:00AM-3:30PM (Bronze Medallion & Emergency First Aid)					
LSS Swim Instructor		10:30AM-4:30PM (LSS Swim Instructor)	10:30AM-4:30PM (LSS Swim Instructor)	10:30AM-4:30PM (LSS Swim Instructor)	10:30AM-4:30PM (LSS Swim Instructor)		
Sign Up							
Aquafit		12:00PM-12:45PM (Aquatic Fitness)	12:00PM-12:45PM (Aquatic Fitness)	9:00AM-9:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		
Drop-in Program							
Glider/Diver/Surfer/Jumper		4:00PM-4:30PM (Swim Lessons (3-5))		4:35PM-5:05PM (Swim Lessons (3-5))			
Sign Up		4:35PM-5:05PM (Swim Lessons (3-5))		6:20PM-6:50PM (Swim Lessons (3-5))			
		5:45PM-6:15PM (Swim Lessons (3-5))					
Star 1/Star 2/Star 3		4:00PM-4:30PM (Swim Lessons (6-13))		4:35PM-5:05PM (Swim Lessons (6-13))			
Sign Up		(6111111 20000110 (6 20))		(6111111 20000110 (6 20))			
Otter/Seal		4:00PM-4:30PM (Swim Lessons (6-13))		5:10PM-5:40PM (Swim Lessons (6-13))			
Sign Up		5:10PM-5:40PM (Swim Lessons (6-13))		5:45PM-6:15PM (Swim Lessons (6-13))			
		6:20PM-6:50PM (Swim Lessons (6-13))					

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	4:35PM-5:05PM (Swim Lessons (3-5))		4:00PM-4:30PM (Swim Lessons (3-5))			
	5:10PM-5:40PM (Swim Lessons (3-5))		5:10PM-5:40PM (Swim Lessons (3-5))			
	5:45PM-6:15PM (Swim Lessons (3-5))					
	4:35PM-5:05PM (Parent and Tot Swim Lessons (0-3))					
	5:45PM-6:15PM (Swim Lessons (6-13))		6:20PM-6:50PM (Swim Lessons (6-13))			
	6:20PM-6:50PM (Swim Lessons (18+))		5:45PM-6:15PM (Swim Lessons (18+))			
		4:00PM-8:00PM (Rec Swim)		11:45AM-12:45PM (Rec Swim)	8:15AM-1:30PM (Rec Swim)	9:15AM-1:30PM (Rec Swim)
		5:30PM-6:15PM (Aquatic Fitness)				
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