



Sarnia-Lambton YMCA Jerry McCaw Family Centre | July 1st - July 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Drop-in Program		6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	6:00AM-8:00PM (Lane Swim)	7:00AM-2:00PM (Lane Swim)	7:00AM-2:00PM (Lane Swim)
Adult Swim Drop-in Program		8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)	8:00AM-9:00AM (Rec Swim)
Parent and Tot Rec Swim Drop-in Program		9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)	9:00AM-10:30AM (Rec Swim)
Aquafit Drop-in Program		10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)	10:45AM-11:30AM (Aquatic Fitness)		
Open Swim Drop-in Program		6:30PM-8:00PM (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) 6:30PM-8:00PM (Rec Swim)	5:30PM-7:30PM (Rec Swim) 5:30PM-7:30PM (Rec Swim)	12:00PM-2:00PM (Rec Swim) 12:00PM-2:00PM (Rec Swim)	12:00PM-2:00PM (Rec Swim) 12:00PM-2:00PM (Rec Swim)