



Stoney Creek Community Centre, YMCA & Library | March 31st - April 6th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lane Swim Drop-in Program	6:15AM-11:45AM (Lane Swim) 1:00PM-3:00PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	6:15AM-11:45AM (Lane Swim) 1:00PM-3:00PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	6:15AM-11:45AM (Lane Swim) 1:00PM-3:00PM (Lane Swim) 7:15PM-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) 1:00PM-3:00PM (Lane Swim) 7:15PM-9:30PM (Lane Swim)	8:15AM-9:00AM (Lane Swim) 2:30PM-4:30PM (Lane Swim)	8:15AM-11:15AM (Lane Swim) 2:30PM-4:30PM (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)	
Open Swim (4 feet) Drop-in Program	11:00AM-11:45AM (Rec Swim)	11:00AM-11:45AM (Rec Swim)		11:00AM-11:45AM (Rec Swim)	11:00AM-11:45AM (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))		5:40PM-6:10PM (Parent and Tot Swim Lessons (0-3))	4:30PM-5:00PM (Parent and Tot Swim Lessons (0-3))	9:15AM-9:45AM (Parent and Tot Swim Lessons (0-3)) 10:40AM-11:10AM (Parent and Tot Swim Lessons (0-3))	11:45AM-12:15PM (Parent and Tot Swim Lessons (0-3))
Swimmer 1 Sign Up	4:30PM-5:00PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:05PM-5:35PM (Swim Lessons (6-13)) 5:20PM-5:50PM (Swim Lessons (6-13))	9:15AM-9:45AM (Swim Lessons (6-13)) 9:50AM-10:20AM (Swim Lessons (6-13)) 10:40AM-11:10AM (Swim Lessons (6-13))	11:45AM-12:15PM (Swim Lessons (6-13)) 1:10PM-1:40PM (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))	4:30PM-5:15PM (Swim Lessons (6-13)) 6:15PM-7:00PM (Swim Lessons (6-13))	9:15AM-10:00AM (Swim Lessons (6-13)) 10:25AM-11:10AM (Swim Lessons (6-13))	12:20PM-1:05PM (Swim Lessons (6-13))
Swimmer 6/7 Sign Up	4:30PM-5:15PM (Swim Lessons (6-13))	5:05PM-5:50PM (Swim Lessons (6-13)) 6:15PM-7:00PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13)) 5:05PM-5:50PM (Swim Lessons (6-13))	4:30PM-5:15PM (Swim Lessons (6-13))	11:00AM-11:45AM (Swim Lessons (6-13))	12:20PM-1:05PM (Swim Lessons (6-13))

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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))	5:40PM-6:25PM (Swim Lessons (6-13))	11:00AM-11:45AM (Swim Lessons (6-13))	12:20PM-1:05PM (Swim Lessons (6-13))
Swimmer 2 Sign Up	5:05PM-5:35PM (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)) 5:40PM-6:10PM (Swim Lessons (6-13)) 6:30PM-7:00PM (Swim Lessons (6-13))	5:05PM-5:35PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13))	5:05PM-5:35PM (Swim Lessons (6-13)) 5:20PM-5:50PM (Swim Lessons (6-13)) 5:55PM-6:25PM (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)) 5:40PM-6:10PM (Swim Lessons (6-13)) 6:15PM-6:45PM (Swim Lessons (6-13))	9:30AM-10:00AM (Swim Lessons (6-13)) 9:50AM-10:20AM (Swim Lessons (6-13)) 10:05AM-10:35AM (Swim Lessons (6-13)) 11:15AM-11:45AM (Swim Lessons (6-13))	11:45AM-12:15PM (Swim Lessons (6-13)) 12:20PM-12:50PM (Swim Lessons (6-13))
Preschool 1 Sign Up	5:05PM-5:35PM (Swim Lessons (3-5)) 5:20PM-5:50PM (Swim Lessons (3-5))	4:30PM-5:00PM (Swim Lessons (3-5)) 5:05PM-5:35PM (Swim Lessons (3-5)) 5:40PM-6:10PM (Swim Lessons (3-5)) 5:55PM-6:25PM (Swim Lessons (3-5)) 6:30PM-7:00PM (Swim Lessons (3-5))	6:15PM-6:45PM (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))	6:30PM-7:00PM (Swim Lessons (3-5))	9:15AM-9:45AM (Swim Lessons (3-5)) 10:05AM-10:35AM (Swim Lessons (3-5)) 10:40AM-11:10AM (Swim Lessons (3-5)) 11:15AM-11:45AM (Swim Lessons (3-5))	1:10PM-1:40PM (Swim Lessons (3-5))
Swimmer 3 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)) 5:20PM-5:50PM (Swim Lessons (6-13)) 5:55PM-6:25PM (Swim Lessons (6-13))	5:20PM-5:50PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:20PM-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))	9:30AM-10:00AM (Swim Lessons (6-13)) 9:50AM-10:20AM (Swim Lessons (6-13)) 10:40AM-11:10AM (Swim Lessons (6-13)) 11:15AM-11:45AM (Swim Lessons (6-13))	11:45AM-12:15PM (Swim Lessons (6-13)) 12:55PM-1:25PM (Swim Lessons (6-13)) 1:45PM-2:15PM (Swim Lessons (6-13))
Swimmer 4 Sign Up	5:20PM-5:50PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13))	5:20PM-5:50PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:40PM-6:10PM (Swim Lessons (6-13))	4:30PM-5:00PM (Swim Lessons (6-13)) 5:05PM-5:35PM (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))	10:05AM-10:35AM (Swim Lessons (6-13)) 11:15AM-11:45AM (Swim Lessons (6-13))	11:45AM-12:15PM (Swim Lessons (6-13)) 1:30PM-2:00PM (Swim Lessons (6-13))
Preschool 3 Sign Up	5:55PM-6:25PM (Swim Lessons (3-5)) 6:15PM-6:45PM (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))	6:30PM-7:00PM (Swim Lessons (3-5))	6:30PM-7:00PM (Swim Lessons (3-5))	10:05AM-10:35AM (Swim Lessons (3-5))	12:20PM-12:50PM (Swim Lessons (3-5)) 1:30PM-2:00PM (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)) 6:30PM-7:00PM (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))	5:40PM-6:10PM (Swim Lessons (3-5))	10:05AM-10:35AM (Swim Lessons (3-5)) 10:40AM-11:10AM (Swim Lessons (3-5)) 11:15AM-11:45AM (Swim Lessons (3-5))	11:45AM-12:15PM (Swim Lessons (3-5))
Preschool 2 Sign Up	6:15PM-6:45PM (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)) 6:30PM-7:00PM (Swim Lessons (3-5))	5:55PM-6:25PM (Swim Lessons (3-5)) 6:15PM-6:45PM (Swim Lessons (3-5))	4:30PM-5:00PM (Swim Lessons (3-5)) 5:40PM-6:10PM (Swim Lessons (3-5)) 6:30PM-7:00PM (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))	10:25AM-10:55AM (Swim Lessons (3-5)) 11:15AM-11:45AM (Swim Lessons (3-5))	12:55PM-1:25PM (Swim Lessons (3-5)) 1:45PM-2:15PM (Swim Lessons (3-5))
Open Swim Drop-in Program	7:15PM-8:15PM (Rec Swim)	7:15PM-8:15PM (Rec Swim)	7:15PM-8:15PM (Rec Swim)		7:15PM-8:15PM (Rec Swim)	2:30PM-4:30PM (Rec Swim)	9:30AM-11:15AM (Rec Swim) 2:30PM-4:30PM (Rec Swim)
Open Swim (2 feet) Drop-in Program	7:15PM-8:15PM (Rec Swim)	7:15PM-8:15PM (Rec Swim)	7:15PM-8:15PM (Rec Swim)		7:15PM-8:15PM (Rec Swim)	2:30PM-4:30PM (Rec Swim)	9:30AM-11:15AM (Rec Swim) 2:30PM-4:30PM (Rec Swim)
Gentle Joints Drop-in Program		10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)	10:00AM-10:45AM (Aquatic Fitness)		
Adult 1/2/3 Sign Up		4:30PM-5:15PM (Swim Lessons (18+)) 6:15PM-7:00PM (Swim Lessons (18+)) 6:15PM-7:00PM (Swim Lessons (18+))	5:05PM-5:50PM (Swim Lessons (18+))	6:15PM-7:00PM (Swim Lessons (18+))	4:30PM-5:15PM (Swim Lessons (18+)) 6:15PM-7:00PM (Swim Lessons (18+))	9:15AM-10:00AM (Swim Lessons (18+)) 9:15AM-10:00AM (Swim Lessons (18+))	
Teen 1/2/3 Sign Up		4:30PM-5:15PM (Swim Lessons (13-17))				10:25AM-11:10AM (Swim Lessons (13-17))	
Stroke Improvement (age 18+) Sign Up				6:15PM-7:00PM (Swim Lessons (18+))	6:15PM-7:00PM (Swim Lessons (18+))		
Y Torpedoes (age 6-9) Sign Up				7:15PM-8:15PM (Y Torpedoes)		1:00PM-2:00PM (Y Torpedoes)	
Y Torpedoes (age 10-12) Sign Up				7:15PM-8:15PM (Y Torpedoes)		1:00PM-2:00PM (Y Torpedoes)	

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Y Torpedoes (age 13-16) Sign Up				7:15PM-8:15PM (Y Torpedoes)		1:00PM-2:00PM (Y Torpedoes)	
Junior Lifeguard Club (age 10-12) Sign Up				7:15PM-8:15PM (Junior Lifeguard Club)		1:00PM-2:00PM (Junior Lifeguard Club)	
Junior Lifeguard Club (age 13-16) Sign Up				7:15PM-8:15PM (Junior Lifeguard Club)		1:00PM-2:00PM (Junior Lifeguard Club)	