



Pool Lane Swim Schedule @ Centre Branch YMCA

WEEK OF Sept 25th – Oct 4th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING	7:30-8:15am 8:30-9:15am 9:30-10:15am 10:30-11:15am		7:30-8:15am 8:30-9:15am 9:30-10:15am 10:30-11:15am		7:30-8:15am 8:30-9:15am 9:30-10:15am 10:30-11:15am	8:30-9:15am 9:30-10:15am 10:30-11:15am	8:30-9:15am 9:30-10:15am 10:30-11:15am
AFTERNOON	11:30am-12:15pm		11:30am-12:15pm		11:30am-12:15pm		
EVENING		4:00-4:45pm 5:00-5:45pm 6:00-6:45pm		4:00-4:45pm 5:00-5:45pm 6:00-6:45pm			

Notes: You are welcome to bring your own equipment such as pull buoys, kick boards, aquafit dumbbells, etc. as these will not be available to be used.

Pre-book your time slot, up to 1-week in advance. This can be done online: www.ymcaswo.ca or by calling into the branch **519-667-3300 ext 0**. Booking will go live each week on Monday's. Lane swims will have 45-minute time slots.

