



Stuart C. Gildred Family YMCA - Pool | July 5th - July 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
LAP SWIM SHARED LANE Pool	6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff		6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff	6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff	6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff	6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff	8:00AM-8:50AM (Water) Staff 9:00AM-9:50AM (Water) Staff 10:00AM-10:50AM (Water) Staff	
WATER EXERCISE CLASS Pool	9:00AM-9:50AM (Water) Elia G.				9:00AM-9:50AM (Water) Marta N.			
3 LAP LANES Pool	3:00PM-3:50PM (Water) Staff 4:00PM-4:50PM (Water) Staff 5:00PM-5:50PM (Water) Staff	3:00PM-3:50PM (Water) Staff	3:00PM-3:50PM (Water) Staff 4:00PM-4:50PM (Water) Staff	3:00PM-3:50PM (Water) Staff				
4 LAP LANES Pool		9:00AM-9:50AM (Water) Staff		9:00AM-9:50AM (Water) Staff	3:00PM-3:50PM (Water) Staff	11:00AM-11:50AM (Water) Staff		
2 LAP LANES Pool			10:00AM-10:50AM (Water) Staff					
OPEN SWIM Pool						11:00AM-11:50AM (Water) Staff		



Lompoc Family YMCA | July 5th - July 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FIT FOR LIFE Group Exercise Studio	11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i>						
ZUMBA® Multipurpose Room				6:15PM-7:00PM (Dance) <i>Claudia C.</i>			



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
YOGA Group Exercise Studio	12:00PM-1:00PM (Mind & Body) <i>Marta N.</i> 6:00PM-7:00PM (Mind & Body) <i>Lori S.</i>		12:00PM-1:00PM (Mind & Body) <i>Marta N.</i>				
CYCLE Cycle Studio			8:30AM-9:15AM (Cycle) <i>Chris S.</i>				



Santa Barbara Family YMCA - Gymnasium | July 5th - July 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ALL COURTS OPEN Gymnasium					5:30AM-10:30AM (General) <i>Staff</i>		
PICK-UP BASKETBALL Gymnasium					10:30AM-3:00PM (General) <i>Staff</i>		



Camarillo Family YMCA - Pool | July 5th - July 11th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL CLOSED Pool							1:01AM-1:01AM (Water) Staff