



Ventura Family YMCA - Outdoor Court | November 1st - November 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COURTS CLOSED Sports Court	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>	5:30AM-7:00AM (General) <i>Staff</i>		



Stuart C. Gildred Family YMCA - Pool | November 1st - November 7th

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



Santa Barbara Family YMCA - Pool | November 1st - November 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
STEAM ROOM / SAUNA Pool	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff	6:00AM-8:30PM (General) Staff		



Lompoc Family YMCA | November 1st - November 7th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TAI CHI Multipurpose Room	10:00AM-11:00AM (Mind & Body) <i>Yuka F.</i>						
FIT FOR LIFE Group Exercise Studio	11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i>						
ZUMBA® Multipurpose Room			5:45PM-6:30PM (Dance) <i>Claudia C.</i>	6:15PM-7:00PM (Dance) <i>Claudia C.</i>			



Stuart C. Gildred Family YMCA | November 1st - November 7th

	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>				
FIT FOR LIFE Gymnasium		10:45AM-11:30AM (Active Older Adults) <i>Penny C.</i>		10:45AM-11:30AM (Active Older Adults) <i>Penny C.</i>			
CYCLE Cycle Studio			8:30AM-9:15AM (Cycle) <i>Chris S.</i>				



Santa Barbara Family YMCA - Gymnasium | November 1st - November 7th

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



Camarillo Family YMCA - Pool | November 1st - November 7th

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