



Camarillo Family YMCA - Pool | February 6th - February 12th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--|---|---|--|--|--|-----------------------------------|
| 6 LAP LANES Pool | 5:30AM-7:00AM (Water) Staff 7:00AM-9:00AM (Water) Staff 9:00AM-3:00PM (Water) Staff 6:00PM-7:30PM (Water) Staff | 5:30AM-7:00AM (Water) Staff 7:00AM-9:00AM (Water) Staff 6:00PM-7:30PM (Water) Staff | 5:30AM-7:00AM (Water) Staff 7:00AM-9:00AM (Water) Staff 9:00AM-12:00PM (Water) Staff 6:00PM-7:30PM (Water) Staff | 5:30AM-7:00AM (Water) Staff 7:00AM-9:00AM (Water) Staff 9:00AM-3:00PM (Water) Staff 6:00PM-7:30PM (Water) Staff | 5:30AM-7:00AM (Water) Staff 7:00AM-10:00AM (Water) Staff 5:00PM-7:30PM (Water) Staff | 4:00PM-4:30PM (Water) Staff | |
| 3 LAP LANES Pool | 3:00PM-4:00PM (Water) Staff | | 1:00PM-4:00PM (Water) Staff | 3:00PM-4:00PM (Water) Staff | 1:00PM-5:00PM (Water) Staff | 9:00AM-12:00PM (Water) Staff 2:00PM-4:00PM (Water) Staff | |
| 0 LAP LANES Pool | 4:00PM-6:00PM (Water) Staff | 4:00PM-6:00PM (Water) Staff | 4:00PM-6:00PM (Water) Staff | 4:00PM-6:00PM (Water) Staff | | | |
| 5 LAP LANES Pool | | | | | | 7:00AM-9:00AM (Water) Staff 12:00PM-1:00PM (Water) Staff 1:00PM-2:00PM (Water) Staff | |
| FAMILY SWIM Pool | | | | | | 2:00PM-4:00PM (Water) Staff | |
| POOL CLOSED Pool | | | | | | | 1:01AM-1:01AM (Water) Staff |



Stuart C. Gildred Family YMCA - Pool | February 6th - February 12th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------------|--|--|---|--|---|---|---------------|
| LAP SWIM SHARED LANE Pool | 5:30AM-6:00AM (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 2:00PM-2:50PM (Water) Staff | 5:30AM-6:00AM (Water) Staff 11:00AM-11:50AM (Water) Staff | 6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff | 5:30AM-6:00AM (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 11:00AM-11:50AM (Water) Staff | 5:30AM-6:00AM (Water) Staff 6:00AM-6:50AM (Water) Staff 7:00AM-7:50AM (Water) Staff 8:00AM-8:50AM (Water) Staff 2:00PM-2:50PM (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) <i>Elia G.</i> | | 9:00AM-9:50AM (Water) <i>Tasha M.</i> | | 9:00AM-9:50AM (Water) <i>Marta N.</i> | | |
| 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 | | | |
| SWIM LESSONS Pool | 3:00PM-6:50PM (Water) Staff | | | | | | |

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|---------------|--|--|--|--|--|---------------|
| 4 LAP LANES Pool | | 9:00AM-9:50AM (Water) <i>Staff</i> 2:00PM-2:50PM (Water) <i>Staff</i> 6:00PM-6:50PM (Water) <i>Staff</i> | | 9:00AM-9:50AM (Water) <i>Staff</i> 2:00PM-2:50PM (Water) <i>Staff</i> 6:00PM-7:00PM (Water) <i>Staff</i> | 3:00PM-3:50PM (Water) <i>Staff</i> | 11:00AM-11:50AM (Water) <i>Staff</i> 12:00PM-12:50PM (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> 12:00PM-12:50PM (Water) <i>Staff</i> | |



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| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|--|--|--|--|--|-----------------|--|
| STEAM ROOM / SAUNA Pool | 6:00AM-8:30PM (General) <i>Staff</i> | 6:00AM-8:30PM (General) <i>Staff</i> | 6:00AM-8:30PM (General) <i>Staff</i> | 6:00AM-8:30PM (General) <i>Staff</i> | 6:00AM-8:30PM (General) <i>Staff</i> | | 7:00AM-3:45PM (General) <i>Staff</i> |



Montecito Family YMCA - Pool | February 6th - February 12th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--|--|--|--|--|-------------------------------------|--------|
| 5 LAP LANES Pool | 6:00AM-7:50AM (Water) Staff 8:00AM-9:50AM (Water) Staff | 6:00AM-7:50AM (Water) Staff 8:00AM-9:50AM (Water) Staff | 6:00AM-7:50AM (Water) Staff 8:00AM-9:50AM (Water) Staff | 6:00AM-7:50AM (Water) Staff 8:00AM-9:50AM (Water) Staff | 6:00AM-7:50AM (Water) Staff 8:00AM-9:50AM (Water) Staff | | |
| AQUA FIT Pool | 10:00AM-11:00AM (Water) Staff | | 10:00AM-10:50AM (Water) Staff | | 10:00AM-10:50AM (Water) Staff | 10:00AM-10:50AM (Water) Staff | |
| 4 LAP LANES Pool | 6:00PM-7:45PM (Water) Staff | 6:00PM-7:45PM (Water) Staff | 6:00PM-7:45PM (Water) Staff | 6:00PM-7:45PM (Water) Staff | | | |
| 3 LAP LANES Pool | | | | | | 11:00AM-12:50PM (Water) Staff | |
| 2 LAP LANES Pool | | | | | | 4:00PM-5:45PM (Water) Staff | |



Stuart C. Gildred Family YMCA | February 6th - February 12th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|--|---|--|---|--|--|--------|
| CYCLE Cycle Studio | 6:00AM-6:45AM (Cycle) <i>Chris S.</i> | | 8:30AM-9:15AM (Cycle) <i>Chris S.</i> | | 6:00AM-6:45AM (Cycle) <i>Chris S.</i> | | |
| CORE FUSION Group Exercise Studio | 8:30AM-9:30AM (Cardio/Interval) <i>Lena B.</i> | | 8:30AM-9:30AM (Cardio/Interval) <i>Lena B.</i> | | | 9:30AM-10:25AM (Strength) <i>Lena B.</i> | |
| AQUA FIT Natatorium | 9:00AM-9:50AM (Water) <i>Staff</i> | | | | | | |
| 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> 6:00PM-7:00PM (Mind & Body) <i>Lori S.</i> | | 12:00PM-1:00PM (Mind & Body) <i>Marta N.</i> | | |
| HIIT Gymnasium | | 6:00AM-6:55AM (Strength) <i>Lisa P.</i> | | 6:00AM-6:55AM (Strength) <i>Lisa P.</i> | | | |
| HIIT Group Exercise Studio | | 9:15AM-10:00AM (Cardio/Interval) <i>Rachael D.</i> | | 9:15AM-10:00AM (Cardio/Interval) <i>Rachael D.</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> | | | |
| PILATES Group Exercise Studio | | 12:00PM-1:00PM (Mind & Body) <i>Megan M.</i> | | | | | |



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|--------------------------------------|--|--|--|--|--|----------|--------|
| BODYPUMP™ Studio 1 | 6:15AM-7:10AM (Strength) <i>Angel P.</i> | | 6:15AM-7:10AM (Strength) <i>Jenna C.</i> | | | | |
| AOA FITNESS Studio 1 | 1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i> | | 1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i> | | 1:30PM-2:25PM (Active Older Adults) <i>Debbie M.</i> | | |
| SILVERSNEAKERS® Studio 1 | 2:30PM-3:25PM (Active Older Adults) <i>Debbie M.</i> | | 2:30PM-3:25PM (Active Older Adults) <i>Debbie M.</i> | | | | |
| ZUMBA® Studio 1 | 5:30PM-6:25PM (Dance) <i>Mayte Q.</i> | 8:30AM-9:15AM (Dance) <i>Alison C.</i> | 5:30PM-6:25PM (Dance) <i>Mayte Q.</i> | 12:00PM-12:45PM (Dance) <i>Alison C.</i> | 5:30PM-6:25PM (Dance) <i>Edith A.</i> | | |
| RESTORATIVE YOGA Studio 2 | | 8:30AM-9:25AM (Mind & Body) <i>Jean J.</i> | | 8:30AM-9:25AM (Mind & Body) <i>Jean J.</i> | | | |
| BALANCE Studio 1 | | 9:30AM-10:15AM (Active Older Adults) <i>Minda K.</i> | | 9:30AM-10:15AM (Active Older Adults) <i>Kymerly W.</i> | | | |
| STRENGTH TRAINING Studio 1 | | 10:30AM-11:25AM (Strength) <i>Kristine O.</i> | | 10:30AM-11:25AM (Strength) <i>Kristine O.</i> | | | |
| DANCE FITNESS Studio 1 | | 12:00PM-12:45PM (Dance) <i>Kymerly W.</i> | | 8:30AM-9:15AM (Dance) <i>Kymerly W.</i> | | | |
| PILATES Studio 1 | | 4:30PM-5:25PM (Mind & Body) <i>Minda K.</i> | 10:30AM-11:25AM (Mind & Body) <i>Kristine O.</i> | | 10:30AM-11:25AM (Mind & Body) <i>Kristine O.</i> | | |



Lompoc Family YMCA | February 6th - February 12th

| | 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> | | | | | | |
| CYCLE Multipurpose Room | 5:30PM-6:30PM (Cycle) <i>Keith E.</i> | | | | | | |
| ZUMBA® Multipurpose Room | | | 5:45PM-6:30PM (Dance) <i>Claudia C.</i> | 6:15PM-7:00PM (Dance) <i>Claudia C.</i> | | | |
| FIT FOR LIFE Multipurpose Room | | | | | 11:00AM-11:45AM (Active Older Adults) <i>Kathy P.</i> | | |



Santa Barbara Family YMCA - Gymnasium | February 6th - February 12th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|--|---|--|---|-----------------|---------------|
| PICK-UP BASKETBALL Gymnasium | 10:30AM-3:00PM (General) <i>Staff</i> | | 10:30AM-3:00PM (General) <i>Staff</i> | | 10:30AM-3:00PM (General) <i>Staff</i> | | |
| ALL COURTS OPEN Gymnasium | 3:00PM-9:00PM (General) <i>Staff</i> | 1:00PM-4:00PM (General) <i>Staff</i> | 6:00PM-9:00PM (General) <i>Staff</i> | 1:00PM-4:00PM (General) <i>Staff</i> | 5:30AM-10:30AM (General) <i>Staff</i> | | |
| YOUTH SPORTS PRACTICE Gymnasium | 4:15PM-5:30PM (General) <i>Staff</i> | | | | | | |
| PICKLEBALL Gymnasium | | 8:00AM-1:00PM (General) <i>Staff</i> | | 8:00AM-1:00PM (General) <i>Staff</i> | | | |
| PICKUP VOLLEYBALL Gymnasium | | 6:00PM-9:00PM (General) <i>Staff</i> | | 6:00PM-9:00PM (General) <i>Staff</i> | | | |