

2007-2008 Fall/Winter Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 6-7:30 a.m.	Lap Swim 6-7:30 a.m.	Lap Swim 6-7:30 a.m.	Lap Swim 6-7:30 a.m.	Lap Swim 6-7:30 a.m.		
Silver Sneakers 9:15-10:15am	Swim Lessons 9:30-10:30 a.m.	Silver Sneakers 9:15-10:15am	Swim Lessons 9:30-10:30 a.m.	Silver Sneakers 9:15-10:15am		
Joints in Motion 10:30-11:30 a.m.	Joints in Motion 10:30-11:30 a.m.	Joints in Motion 10:30-11:30 a.m.	Joints in Motion 10:30-11:30 a.m.	Joints in Motion 10:30-11:30 a.m.	Lessons 10:30-11:30 a.m.	
Lap Swim 11:30 a.m. - 1 p.m.	Lap Swim 11:30 a.m. - 1 p.m.	Lap Swim 11:30 a.m. - 1 p.m.	Lap Swim 11:30 a.m. - 1 p.m.	Lap Swim 11:30 a.m. - 1 p.m.	Lap Swim 11:30 a.m.-1 p.m.	Lap Swim 1-2 p.m.
Water Volleyball 1-3 p.m.	Water Volley- ball 1-3 p.m.	Water Volley- ball 1-3 p.m.	Swim Lessons 4-4:30 p.m.	Yoga 12:30-2pm	Open Swim 1-4 p.m.	Lap Swim 1-2 p.m.
	Swim Lessons 4-4:30 p.m.		Swim Team 4:30-5:30	Water Volleyball 1-3 p.m.		Open Swim 2-4 p.m.
Advanced Step 5-6pm	Interval 5-6pm	Freestyle Aerobics 5-6pm	Circuit Training 5-6pm	Body Pump 5-6pm		
Step Aerobics 6-7pm	Interval 6-7pm	Freestyle Aerobics 6-7pm	Step Aerobics 6-7pm	Beginning Step 6-7pm		
Swim Lessons 6:15-6:45 p.m.	Swim Lessons 6:15-6:45 p.m.	Swim Lessons 6:15-6:45 p.m.	Swim Lessons 6:15-6:45 p.m.			
Aqua Aerobics 7-8 p.m.	Open Swim 7-8 p.m.	Aqua Aerobics 7-8 p.m.	Open Swim 7-8 p.m.	Open Swim 6:15-7:30 p.m.		
Lap Swim 8-9 p.m.	Lap Swim 8-9 p.m.	Lap Swim 8-9 p.m.	Lap Swim 8-9 p.m.	Lap Swim 7:30-8:30 p.m.		



**Pomona
Valley YMCA**

*We build strong kids, strong
families, strong communities.*

Fitness & Wellness Center



**Weight Training
Step Aerobics
Yoga
Aqua Aerobics
Lap Swimming**

Y The YMCA is proud to provide quality exercise equipment and classes for adult fitness. However, before initiating any exercise program, the YMCA recommends that the member obtains a complete physical examination from a medical doctor as part of developing an exercise program suitable for the members current health status.

YMCA Fitness Center consist of weight machines and cardio equipment to provide a total body workout. Our free weight room provides equipment for advanced levels of fitness. All levels of fitness are welcomed to lead a healthier life style and keep America active.

Step Aerobics

A high intensity, low impact workout using a step. Burn calories and shape muscles with this excellent cardiovascular exercise. Choreography is generally beginning to intermediate. The class includes a warm-up, 30-40 step followed by a cool down.

Aqua Aerobics

Aqua Aerobics is designed to encourage people of all ages to utilize the buoyant qualities of water to enhance their physical fitness. Water can make some movements possible that would be very difficult on land. It's an ideal form of exercise for all ages because it increases physical and strength endurance without putting stress and strain on joints. Swimmers and non-swimmers alike can take part in this type of exercise, while at the same time being a part of a fun, social environment.

Yoga

Not only can you stay in shape, but also improve your flexibility, relax and meditate. Bring your mats and enjoy this class which will change the way you look at fitness.



Pick-Up Basketball

Come out Monday– Friday noon to 1:30pm and nights 8:00-10:00pm for adult pick-up games. The gym is generally opened during operating hours and is available on Sundays from 1:00-5:00pm. Hours will be modified for youth sports and other events but will be posted accordingly.

Youth Sports

Focuses on the fundamentals of the game. YMCA Youth Sports is a progressive program, with multiple levels of play. What's more, every child gets to participate here; so there are no bench-warmers. Our games are safe, exciting and most importantly fun. We encourage positive competition, family involvement and even strive to match children of similar abilities. We also never forget that this program is for kids, so we let them enjoy themselves.

Silver Sneakers Fitness Program

The Silver Sneaker class is perfect for older adults and rehab exercisers looking to improve their strength, balance, muscular endurance, and range of motion for daily activities. Class meets Monday, Wednesday, and Friday 9:15-10:15 a.m.

Child Care

The YMCA offers free babysitting services for members. The YMCA reserves the right to dismiss a child due to excessive crying or disruptive behavior. Day/Time Mon.–Fri. 4:30-8:00pm

Pomona Valley YMCA

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YMCA Scholarship Program

The Pomona Valley YMCA is committed to extending our services to as broad a membership as possible. If full payment of program fees presents a financial hardship, assistance is available to those with genuine need.

Confidential scholarship applications available at the YMCA.

YMCA Mission

To put Christian principles into practice through programs that build a healthy spirit, mind, and body for all.