



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SWIM TOWARDS A HEALTHIER YOU

Swim Schedule – Winter

Diamond Bar/Walnut YMCA

1673 Maple Hill Rd. Diamond Bar, CA 91765

(909) 861-3424 | Fax (909) 861-0454 | pomonaymca.org

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					7:00-9:00am Swim Team	
10:00-11:00am Aqua Fit	10:00-11:00am Aqua Fit	10:00-11:00am Aqua Fit	10:00-11:00am Aqua Fit	10:00-11:00am Aqua Fit	10:00-3:00pm Lap & Open Swim	10:00-3:00pm Lap & Open Swim
11:00-3:00pm Lap & Open Swim	11:00-3:00pm Lap & Open Swim	11:00-3:00pm Lap & Open Swim	11:00-3:00pm Lap & Open Swim	11:00-3:00pm Lap & Open Swim		
	3:30-5:00pm Swim Team		3:30-5:00pm Swim Team	3:30-5:00pm Swim Team		