



Aquatics Program Schedule

YMCA of Greater Whittier - Uptown

Non-YMCA members are subject to a \$50 annual registration fee for all aquatic programs. YMCA members enjoy Open Swim access at no additional charge. Schedules and program offerings may change. Visit swimoc.com/whittier for the latest information and updates.

Monday - Thursday

LAP POOL	WARM POOL
7:00 AM - 10:00 AM Lap Swim/Stationary Exercise <i>Registration Required (\$5/day)</i>	7:00 AM - 9:00 AM Stationary Exercise <i>Registration Required (\$5/day)</i>
8:00 AM - 8:55 AM SilverSneakers® AquaFit	9:00 AM - 7:30 PM Swim Lessons ▶ Scan the QR code below or visit www.swimoc.com/whittier to sign up for swim lessons and swim team! 
9:00 AM - 9:55 AM AquaFit <i>Registration Required (\$5/day)</i>	
10:00 AM - 12:00 PM Swim Programs ▶ Visit www.swimoc.com/whittier to sign up	
4:00 PM - 7:30 PM Lap Swim/Stationary Exercise <i>Registration Required (\$5/day)</i>	

Saturday

LAP POOL	WARM POOL
8:00 AM - 12:30 AM Lap Swim <i>Registration Required (\$5/day)</i>	8:00 AM - 9:00 AM Open Swim <i>Free to YMCA members</i>
CONTACT PREMIER AQUATICS 949-716-3333 admin@swimoc.com	9:00 AM - 1:00 PM Swim Lessons ▶ Visit www.swimoc.com/whittier to sign up



Aquatics Program Schedule

YMCA of Greater Whittier - East

Non-YMCA members are subject to a \$50 annual registration fee for all aquatic programs. YMCA members enjoy Open Swim access at no additional charge. Schedules and program offerings may change. Visit swimoc.com/whittier for the latest information and updates.

Monday - Thursday

LAP POOL	WARM POOL
7:00 AM - 12:00 PM Lap Swim/Stationary Exercise <i>Registration Required (\$5/day)</i>	7:00 AM - 9:00 AM Lap Swim/Stationary Exercise <i>Registration Required (\$5/day)</i>
4:00 PM - 6:30 PM Swim Team ➡ Visit www.swimoc.com/whittier to sign up	9:00 AM - 9:55 AM SilverSneakers® AquaFit
6:30 PM - 7:30 PM Lap Swim/Stationary Exercise <i>Registration Required (\$5/day)</i>	10:00 AM - 7:30 PM Swim Lessons ➡ Visit www.swimoc.com/whittier to sign up

Saturday

LAP POOL	WARM POOL
8:00 AM - 12:30 AM Lap Swim <i>Registration Required (\$5/day)</i>	8:00 AM - 8:55 AM SilverSneakers® AquaFit
CONTACT PREMIER AQUATICS 949-716-3333 admin@swimoc.com	9:00 AM - 1:00 PM Swim Lessons ➡ Visit www.swimoc.com/whittier to sign up
	11:30 AM - 12:30 PM Stationary Exercise <i>Registration Required (\$5/day)</i>



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lessons and swim team!