



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Facility Hours

Mon-Fri: 5:30am - 10:00pm
Sat: 7:00am - 7:00pm
Sun: 8:00am - 7:00pm

Social Media

Friend us on Facebook.
Follow us on Twitter.



Peninsula Family YMCA

1877 South Grant Street
San Mateo, CA 94402
650.286.9622
www.ymcasf.org/peninsula

Water Fitness Schedule

Winter 2011

Schedule and/or instructor are subject to change.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ARTHRITIS 6:30 - 7:15am		ARTHRITIS 6:30 - 7:15am		ARTHRITIS 6:30 - 7:15am	AQUA AEROBICS 8:30 - 9:25am	
AQUA AEROBICS 9:00 - 9:55am	AQUA AEROBICS 9:00 - 9:55am	AQUA AEROBICS 9:00 - 9:55am	AQUA AEROBICS 9:00 - 9:55am	AQUA AEROBICS 9:00 - 9:55am		AQUA AEROBICS 9:00 - 9:55am
ARTHRITIS 11:00 - 11:55am		ARTHRITIS 11:00 - 11:55am		ARTHRITIS 11:00 - 11:55am		
AQUA AEROBICS 6:00 - 6:55pm	AQUA AEROBICS 6:00 - 6:55pm		AQUA AEROBICS 6:00 - 6:55pm			

CONTACT US

For more information about Aquatics Programs, please contact Jon Iiyama, Aquatics Director, at jiiyama@ymcasf.org or call (650) 294-2620.



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