



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA AQUATIC SCHEDULE

RESERVATIONS REQUIRED • RESERVATIONS@SEVYMCA.ORG



MONDAY

9:00am-9:45am

ACTIVE & MOBILE

Janet W.

Warm Water Pool

10:00am – 10:45am

AQUA YOGA SCULPT

Fumiko H.

Warm Water Pool

TUESDAY

9:00am-9:45am

EXTREME POWER WORKOUT

Carol S.

Lap Pool

10:00am-10:45am

DEEPLY FIT

Carol S.

Lap Pool

WEDNESDAY

8:00am-8:45am

ACTIVE & MOBILE

Janet W.

Warm Water Pool

9:30am – 10:15am

AQUA YOGA

Fumiko H.

Warm Water Pool

THURSDAY

9:00am-9:45am

EXTREME POWER WORKOUT

Carol S.

Lap Pool

10:00am-10:45am

DEEPLY FIT

Carol S.

Lap Pool

FRIDAY

NO CLASSES
SCHEDULED

SATURDAY

NO CLASSES
SCHEDULED

LAP LANE SWIM

7:00am – 9:00am

10:00am – 12:00pm

Lap Pool

LAP LANE SWIM

7:00am – 12:00pm

3:00pm – 4:00pm

Lap Pool

OPEN SWIM

(AGES 12+)

2:00pm – 3:00pm

Warm Water Pool

WALKING/AQUA FIT

3:00pm – 4:00pm

Lap Pool

FAMILY SWIM

(ALL AGES)

4:00pm – 6:00pm

Warm Water Pool

OPEN SWIM

(AGES 12+)

9:00am-9:30am

2:00pm – 3:00pm

Warm Water Pool

LAP LANE SWIM

7:00am – 12:00pm

Lap Pool

FAMILY SWIM

(ALL AGES)

4:45pm – 6:30pm

Warm Water Pool

LAP LANE SWIM

7:00am – 12:00pm

3:00pm – 4:00pm

Lap Pool

OPEN SWIM

(AGES 12+)

2:00pm – 3:00pm

Warm Water Pool

WALKING/AQUA FIT

3:00pm – 4:00pm

Lap Pool

FAMILY SWIM

(ALL AGES)

4:00pm – 6:00pm

Warm Water Pool

LAP LANE SWIM

7:00am – 9:00am

Lap Pool

11:00am – 12:00pm

Lap Pool

OPEN SWIM

(AGES 12+)

9:00am – 10:30am

2:00pm – 3:00pm

Warm Water Pool

FAMILY SWIM

(ALL AGES)

4:45pm – 6:30pm

Warm Water Pool

NO OPEN
SWIM SCHEDULED

= Classes

= Open Swim

Pools are currently open to members 12+ unless otherwise noted.

12/03/2021



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SOUTHEAST VENTURA COUNTY YMCA

DESCRIPTIONS AQUATIC GROUP X

www.sevymca.org/liveclasses



ACTIVE & MOBILE

Water therapy exercises that consist of gentle movements aimed to free tension, stress, and pain brought on by daily activities or injuries.

AQUA YOGA

A low impact warm water exercise with modified asanas (poses), to help strengthen stability, improve balance and flexibility, all with mindful breathing.

DEEPLY FIT

Athletes and beginners – take the plunge. Deep water running and traveling guaranteed to challenge your body, your core muscles, and your stamina!

EXTREME POWER WORKOUT

Fast paced cardiovascular aquatic workout in shallow water, utilizing equipment for muscular strength training, toning, and stretching.