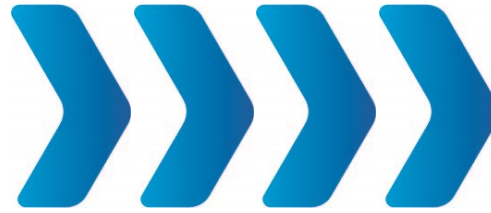




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
YARROW FAMILY YMCA
AQUATIC SCHEDULE



JUNE 2022 | RESERVATIONS REQUIRED

MONDAY

9:00AM - 9:45AM
ACTIVE & MOBILE
JANET W.
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

9:00AM - 9:45AM
ACTIVE & MOBILE
JANET W.
WARM WATER POOL

10:00AM - 10:45AM
HYDRO FIT PLUS
CAROL S.
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

10:00AM—10:45AM
COMPLETE AQUA
KATHARINE D.
LAP POOL

11:00AM - 11:45AM
CORE & MUCH MORE
KATHARINE D.
WARM WATER POOL

SATURDAY

11:00AM - 11:45AM
**NOTHING BUT
NOODLES**
TAMI M.
LAP POOL

LAP LANE SWIM
7:00AM - 8:50AM
10:00AM - 11:50AM
3:00PM - 7:50PM
LAP POOL

OPEN SWIM
(AGES 12+)
10:00AM - 10:50AM
WARM WATER POOL

LAP LANE SWIM
7:00AM - 11:50AM
3:00PM - 7:50PM
LAP POOL

OPEN SWIM
(AGES 12+)
2:00PM - 2:50PM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
4:00PM - 5:50PM
WARM WATER POOL

LAP LANE SWIM
7:00AM - 11:50AM
3:00PM - 7:50PM
LAP POOL

OPEN SWIM
(AGES 12+)
11:00AM - 11:50AM
2:00PM - 2:50PM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
4:00PM - 5:50PM
WARM WATER POOL

LAP LANE SWIM
7:00AM - 11:50AM
3:00PM - 4:50PM
LAP POOL

OPEN SWIM
(AGES 12+)
2:00PM - 2:50PM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
4:00PM - 5:50PM
WARM WATER POOL

LAP LANE SWIM
7:00AM - 8:50AM
11:00AM - 11:50AM
LAP POOL

OPEN SWIM
(AGES 12+)
9:00AM - 10:50AM
2:00PM - 2:50PM
WARM WATER POOL

LAP LANE SWIM
9:00AM - 11:50AM
LAP POOL

FAMILY SWIM
(ALL AGES)
11:00AM - 12:50AM
WARM WATER POOL

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



= CLASSES = OPEN SWIM

06/03/2022—SCHEDULE SUBJECT TO CHANGE AT ANY TIME.



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SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA

CLASS DESCRIPTIONS

www.sevymca.org/pool-information



ACTIVE & MOBILE

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

COMPLETE AQUA

Enjoy the wonderful spectrum of water fitness in this refreshing fusion of cardio, strength, endurance, flexibility, range of motion and balance exercises, while using a variety of water fitness equipment in new and different ways.

CORE & MUCH MORE

Boost core stability, improve balance, coordination, alignment and posture, as Pilates and yoga movements lengthen, stretch, ton and invigorate in the supportive water environment.

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.

HYDRO FIT PLUS

This class focuses on improving cardiovascular fitness, muscle strengthening/toning & balance all while having fun using aqua equipment & the water's natural resistance.

NOTHING BUT NOODLES

Working in both shallow and deep water, participants will use the noodles for resistance, strength training and balance exercises.

RESERVATION INFORMATION:

Reservations are currently required on our app for lap swimming and all Aquatic Classes and can be made up to 49 hours in advance.

1. To view how to make a reservation, please click on the button below.
2. Your reservation times ends at the :50 mark regardless of what time you show up.
3. If the class or time spot you wish to take is full, you can be put on the wait list. If a spot opens up, you will be notified immediately if you would still like to take that class.
4. Every person on the waitlist will be notified at the same time. Filling the open spot will be on a first come, first serve basis.

FAMILY SWIM: When making a reservation for FAMILY SWIM, you only need to reserve ONE spot for your family as it will include everyone on your membership.