

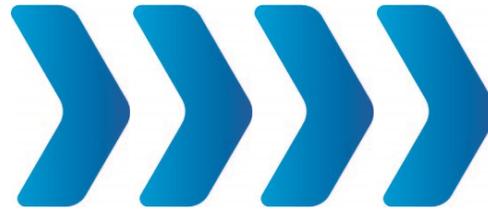


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA

YARROW FAMILY YMCA

AQUATIC SCHEDULE



FALL 2022 | NO 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 - 9:00AM
10:00AM - 12:00PM
3:00PM - 8:00PM
LAP POOL

OPEN SWIM
(AGES 12+)
2:00PM - 3:00PM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
3:00PM - 4:00PM
6:00PM - 8:00PM
WARM WATER POOL

LAP LANE SWIM
7:00AM - 8:00PM
LAP POOL

OPEN SWIM
(AGES 12+)
2:00PM - 3:00PM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
3:00PM - 4:00PM
6:00PM - 8:00PM
WARM WATER POOL

LAP LANE SWIM
7:00AM - 9:00AM
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3:00PM - 8:00PM
LAP POOL

OPEN SWIM
(AGES 12+)
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2:00PM - 3:00PM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
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9:00AM - 3:30PM
LAP POOL

FAMILY SWIM
(ALL AGES)
12:00PM - 3:30PM
WARM WATER POOL

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



= CLASSES = OPEN SWIM

**SCHEDULE BEGINS TUESDAY, SEPTEMBER 6, 2022—SCHEDULE SUBJECT TO CHANGE AT ANY TIME.



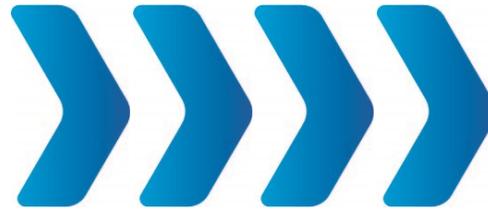
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YARROW FAMILY YMCA

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, tone 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 NO LONGER required.

LAP LANE SWIM SPACE:

The lap lanes that we have available vary by day and time. Please review our app for how many lap lanes we have available at any given time.

LAP SWIM ETIQUETTE:

- Lanes are available on a first come, first serve basis.
- If there are more than 2 in a lane, you must swim in a circle pattern.
- Please wait at least 5 seconds between swimmers.
- Communicate with your lane mates. Let them know that you are entering a lane before pushing off to swim. This will help avoid in-water collisions!
- If you finish a set or need a break, please stand to the side of the lane to avoid blocking the middle of the wall.
- If you need to let a swimmer pass, please do so at the wall.
- Above all, be considerate and treat others with respect!