

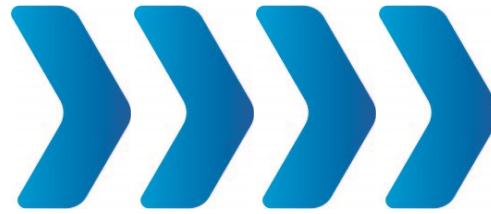


FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA
SIMI VALLEY YMCA

AQUATIC SCHEDULE

SEPTEMBER 2022 | RESERVATIONS REQUIRED FOR CLASSES



MONDAY

4:30PM - 5:15PM
JOINT MOBILITY
JOAN G.
WARM WATER POOL

5:45PM - 6:30PM
HYDRO FIT
DEBORA L.
LAP LANE POOL

TUESDAY

6:00AM - 6:45AM
AQUA FIT
YVETTE
LAP LANE POOL

8:00AM - 8:45AM
JOINT MOBILITY
STEPH B.
WARM WATER POOL

9:00AM - 9:45AM
REJUVENATING AQUA FITNESS
STEPH B.
LAP LANE POOL

4:30PM - 5:15PM
JOINT MOBILITY
JOAN G.
WARM WATER POOL

5:45PM - 6:30PM
HYDRO FIT
DEBORA L.
LAP LANE POOL

WEDNESDAY

NO CLASSES
SCHEDULED

THURSDAY

6:00AM - 6:45AM
AQUA FIT
YVETTE
LAP LANE POOL

8:00AM - 8:45AM
JOINT MOBILITY
STEPH B.
WARM WATER POOL

9:00AM - 9:45AM
REJUVENATING AQUA FITNESS
STEPH B.
LAP LANE POOL

4:30PM - 5:15PM
JOINT MOBILITY
JOAN G.
WARM WATER POOL

5:45PM - 6:30PM
HYDRO FIT
DEBORA L.
LAP LANE POOL

FRIDAY

8:00AM - 8:45AM
JOINT MOBILITY
JANET
WARM WATER POOL

9:00AM - 9:45AM
JOINT MOBILITY
JANET
WARM WATER POOL

SATURDAY

8:00AM - 8:45AM
JOINT MOBILITY
JOAN
WARM WATER POOL

8:00AM - 8:45AM
HYDRO FIT
DEB
LAP LANE POOL

LAP LANE SWIM
6:00AM - 9:00AM
11:00AM - 1:50PM
4:30PM - 7:30PM
LAP LANE POOL

FAMILY SWIM
(ALL AGES)
4:30PM - 5:30PM
6:30PM - 7:30PM
LAP LANE POOL
5:30PM - 7:30PM
WARM WATER POOL

LAP LANE SWIM
6:00AM - 7:50AM
9:00AM - 9:50AM
4:30PM - 7:30PM
LAP LANE POOL

OPEN SWIM
(AGES 12+)
7:00AM - 7:50AM
10:00AM - 10:50AM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
4:30PM - 5:30PM
6:30PM - 7:30PM
LAP LANE POOL
5:30PM - 7:30PM
WARM WATER POOL

LAP LANE SWIM
6:00AM - 9:00AM
11:00AM - 1:50PM
4:30PM - 7:30PM
LAP LANE POOL

FAMILY SWIM
(ALL AGES)
4:30PM - 7:30PM
LAP LANE POOL
4:30PM - 7:30PM
WARM WATER POOL

LAP LANE SWIM
6:00AM - 7:50AM
9:00AM - 9:50AM
4:30PM - 7:30PM
LAP LANE POOL

OPEN SWIM
(AGES 12+)
7:00AM - 7:50AM
10:00AM - 10:50AM
WARM WATER POOL

FAMILY SWIM
(ALL AGES)
4:30PM - 5:30PM
6:30PM - 7:30PM
LAP LANE POOL
5:30PM - 7:30PM
WARM WATER POOL

LAP LANE SWIM
6:00AM - 7:50AM
11:00AM - 2:00PM
LAP LANE POOL

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

LAP LANE SWIM
9:30AM - 11:20AM
LAP LANE POOL

FAMILY SWIM
(ALL AGES)
9:30AM - 11:20AM
WARM WATER POOL

= CLASSES = OPEN SWIM

06/01/2022—SCHEDULE SUBJECT TO CHANGE AT ANY TIME.

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE





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CLASS DESCRIPTIONS

www.sevymca.org



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 FIT

Designed for all levels of fitness. This class will use resistance of the water to improve cardiovascular fitness, endurance and flexibility.

JOINT MOBILITY

This class focuses on improving range of motion and flexibility, while using the water as resistance.

REJUVENATING AQUA FITNESS

This class will improve flexibility, increase cardiovascular fitness and build muscle and core strength.

HYDRO FIT

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