



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY YMCA

# AQUATICS SCHEDULE

SUMMER 2 – Starting July 31st, 2023



### MONDAY

#### LAP POOL

#### LAP SWIM

6:00AM – 12:00PM  
4:00PM – 7:30PM

#### WARM WATER POOL

#### OPEN SWIM

(AGES 12+)

7:00AM – 9:00AM

#### FAMILY SWIM

(ALL AGES)

9:00AM – 12:00PM  
5:00PM – 7:30PM

#### WARM WATER POOL

#### JOINT MOBILITY

JOAN

4:00PM – 4:50PM

### TUESDAY

#### LAP POOL

#### LAP SWIM

6:00AM – 12:00PM  
4:00PM – 7:30PM

#### WARM WATER POOL

#### OPEN SWIM

(AGES 12+)

7:00AM – 8:00AM

#### FAMILY SWIM

(ALL AGES)

9:00AM – 12:00PM  
6:00PM – 7:30PM

#### LAP POOL

#### AQUA FIT

YVETTE

6:00AM – 6:50AM

#### REJUVENATING AQUA FITNESS

STEPH

9:00AM – 9:50AM

#### HYDRO FIT

DEB

6:30 PM – 7:20PM

#### WARM WATER POOL

#### JOINT MOBILITY

STEPH

8:00AM – 8:50AM

### WEDNESDAY

#### LAP POOL

#### LAP SWIM

6:00AM – 12:00PM  
4:00PM – 7:30PM

#### WARM WATER POOL

#### OPEN SWIM

(AGES 12+)

7:00AM – 9:00AM

#### FAMILY SWIM

(ALL AGES)

9:00AM – 12:00PM  
6:00PM – 7:30PM

#### WARM WATER POOL

#### JOINT MOBILITY

JOAN

4:00PM – 4:50PM

### THURSDAY

#### LAP POOL

#### LAP SWIM

6:00AM – 12:00PM  
4:00PM – 7:30PM

#### WARM WATER POOL

#### OPEN SWIM

(AGES 12+)

7:00AM – 8:00AM

#### FAMILY SWIM

(ALL AGES)

9:00AM – 12:00PM  
6:00PM – 7:30PM

#### LAP POOL

#### AQUA FIT

YVETTE

6:00AM – 6:50AM

#### REJUVENATING AQUA FITNESS

STEPH

9:00AM – 9:50AM

#### HYDRO FIT

DEB

6:30 PM – 7:20PM

#### WARM WATER POOL

#### JOINT MOBILITY

STEPH

8:00AM – 8:50AM

### FRIDAY

#### LAP POOL

#### LAP SWIM

6:00AM – 12:00PM

#### WARM WATER POOL

#### OPEN SWIM

(AGES 12+)

7:00AM – 9:00AM

#### FAMILY SWIM

(ALL AGES)

9:00AM – 12:00PM

### SATURDAY

#### LAP POOL

#### LAP SWIM

8:00AM – 1:30PM

#### WARM WATER POOL

#### FAMILY SWIM

(ALL AGES)

11:00AM – 1:30PM

#### LAP POOL

#### HYDRO FIT

DEB

9:00AM – 9:50AM

#### WARM WATER POOL

#### JOINT MOBILITY

JOAN

8:00AM – 8:50AM

TO VIEW ALL  
CURRENT  
SCHEDULES  
SCAN HERE



☐ = CLASSES ☐ = OPEN SWIM

SUMMER 2 SCHEDULE EFFECTIVE 7/31/23- SCHEDULE SUBJECT TO CHANGE AT ANY TIME.



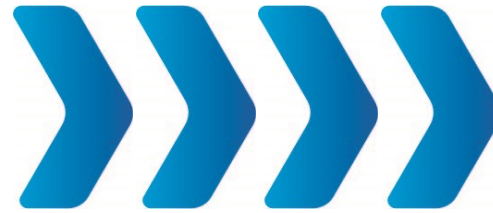
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# CLASS DESCRIPTIONS

[www.sevymca.org](http://www.sevymca.org)



## 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.

### 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.

### WATER WALKING:

Members may use LANE 1 only. If during an Aqua Class lane 1 isn't available, they may use a portion of the pool not utilized by the class. No walking is allowed in Lap Swim lanes.

### 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!