



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SOUTHEAST VENTURA COUNTY YMCA  
SIMI VALLEY YMCA

# AQUATICS SCHEDULE

FALL 1 - Starting September 11th, 2023



## MONDAY

**LAP POOL**  
**LAP SWIM**  
6:00AM - 12:00PM  
4:00PM - 8:00PM

**WARM WATER POOL**  
**OPEN SWIM**  
(AGES 12+)  
7:00AM - 8:00AM

**FAMILY SWIM**  
(ALL AGES)  
9:00AM - 12:00PM  
5:00PM - 8:00PM

## TUESDAY

**LAP POOL**  
**LAP SWIM**  
6:00AM - 12:00PM  
4:00PM - 8:00PM

**WARM WATER POOL**  
**OPEN SWIM**  
(AGES 12+)  
7:00AM - 8:00AM

**FAMILY SWIM**  
(ALL AGES)  
9:00AM - 12:00PM  
6:00PM - 8:00PM

## WEDNESDAY

**LAP POOL**  
**LAP SWIM**  
6:00AM - 12:00PM  
4:00PM - 8:00PM

**WARM WATER POOL**  
**OPEN SWIM**  
(AGES 12+)  
7:00AM - 8:00AM

**FAMILY SWIM**  
(ALL AGES)  
9:00AM - 12:00PM  
6:00PM - 8:00PM

## THURSDAY

**LAP POOL**  
**LAP SWIM**  
6:00AM - 12:00PM  
4:00PM - 8:00PM

**WARM WATER POOL**  
**OPEN SWIM**  
(AGES 12+)  
7:00AM - 8:00AM

**FAMILY SWIM**  
(ALL AGES)  
9:00AM - 12:00PM  
6:00PM - 8:00PM

## FRIDAY

**LAP POOL**  
**LAP SWIM**  
6:00AM - 12:00PM

**WARM WATER POOL**  
**OPEN SWIM**  
(AGES 12+)  
7:00AM - 8:00AM

**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

**WARM WATER POOL**  
**JOINT MOBILITY**  
JOAN  
8:00AM - 8:50AM

**LAP POOL**  
**AQUA FIT**  
YVETTE  
6:00AM - 6:50AM

**REJUVENATING AQUA FITNESS**  
STEPH  
9:00AM - 9:50AM

**HYDRO FIT**  
DEB  
7:00 PM - 7:50PM

**WARM WATER POOL**  
**JOINT MOBILITY**  
STEPH  
8:00AM - 8:50AM

**LAP POOL**  
**AQUA FIT**  
YVETTE  
6:00AM - 6:50AM

**REJUVENATING AQUA FITNESS**  
STEPH  
9:00AM - 9:50AM

**HYDRO FIT**  
DEB  
7:00 PM - 7:50PM

**WARM WATER POOL**  
**JOINT MOBILITY**  
STEPH  
8:00AM - 8:50AM

**WARM WATER POOL**  
**JOINT MOBILITY**  
JOAN  
8:00AM - 8:50AM

TO VIEW ALL  
CURRENT  
SCHEDULES  
SCAN HERE



= CLASSES  = OPEN SWIM

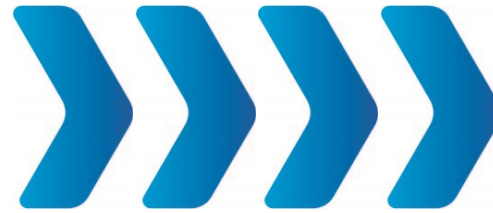
FALL 1 SCHEDULE EFFECTIVE 9/11/23- SCHEDULE SUBJECT TO CHANGE AT ANY TIME.



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# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY YMCA 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!