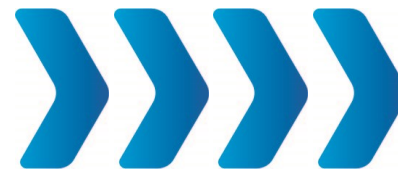




FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA AQUATIC SCHEDULE

FALL 2023 – Starting Tuesday, September 5th

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



MONDAY

WARM WATER POOL

ACTIVE & MOBILE
JANET W.
9:00AM – 9:50AM

TUESDAY

LAP LANE POOL

EXTREME POWER
WORKOUT
CAROL S.
9:00AM – 9:50AM

DEEPLY FIT
CAROL S.
10:00AM – 10:50AM

SWIM CLUB
CASSIDY H.
7:00PM – 8:00PM

WEDNESDAY

WARM WATER POOL

ACTIVE & MOBILE
JANET W.
9:00AM – 9:50AM

HYDRO FIT PLUS
CAROL S.
10:00AM – 10:50AM

THURSDAY

LAP LANE POOL

EXTREME POWER
WORKOUT
CAROL S.
9:00AM – 9:50AM

DEEPLY FIT
CAROL S.
10:00AM – 10:50AM

SWIM CLUB
CASSIDY H.
7:00PM – 8:00PM

FRIDAY

LAP LANE POOL

COMPLETE AQUA
KATHARINE D.
10:00AM – 10:50AM

WARM WATER POOL
CORE & MUCH MORE
KATHARINE D.
11:00AM – 11:50AM

SATURDAY

LAP LANE POOL

NOTHING BUT
NOODLES
CAROL S.
11:00AM – 11:50AM

LAP LANE POOL

LAP SWIM
9:00AM – 3:30PM

WARM WATER POOL

FAMILY SWIM
(ALL AGES)
12:00PM – 3:30PM

SUNDAY

LAP LANE POOL

LAP SWIM
9:00AM – 1:30PM
LAP POOL

WARM WATER POOL

FAMILY SWIM
(ALL AGES)
9:00AM – 1:30PM

LAP LANE POOL

LAP SWIM
7:00AM – 12:00PM
2:00PM – 8:00PM

WARM WATER POOL

OPEN SWIM
(AGES 12+)
8:00AM – 9:00AM
2:00PM – 3:00PM

FAMILY SWIM
(ALL AGES)
10:00AM – 12:00PM
3:00PM – 4:00PM
6:00PM – 8:00PM

LAP LANE POOL

LAP SWIM
6:00AM – 8:00PM

WARM WATER POOL

OPEN SWIM
(AGES 12+)
2:00PM – 3:00PM

FAMILY SWIM
(ALL AGES)
11:00AM – 12:00PM
3:00PM – 4:00PM
6:00PM – 8:00PM

LAP LANE POOL

LAP SWIM
7:00AM – 12:00PM
2:00PM – 8:00PM

WARM WATER POOL

OPEN SWIM
(AGES 12+)
8:00AM – 9:00AM
2:00PM – 3:00PM

FAMILY SWIM
(ALL AGES)
11:00AM – 12:00PM
3:00PM – 4:00PM
6:00PM – 8:00PM

LAP LANE POOL

LAP SWIM
6:00AM – 8:00PM

WARM WATER POOL

OPEN SWIM
(AGES 12+)
2:00PM – 3:00PM

FAMILY SWIM
(ALL AGES)
11:00AM – 12:00PM
3:00PM – 4:00PM
6:00PM – 8:00PM

LAP LANE POOL

LAP SWIM
7:00AM – 12:00PM
2:00PM – 6:30PM

WARM WATER POOL

OPEN SWIM
(AGES 12+)
8:00AM – 9:00AM

FAMILY SWIM
(ALL AGES)
9:00AM – 11:00AM
2:00PM – 6:30PM

 = CLASSES  = OPEN SWIM

EFFECTIVE TUESDAY 9/5/2023 – 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, 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.

SWIM CLUB – Open to adults of all levels!

Focus on learning and improving stroke technique while also conditioning through a cardio section. We cover the 4 competitive strokes of freestyle, backstroke, breaststroke, and butterfly; but also adapt to accommodate individual's needs.

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!

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.