



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA AQUATIC SCHEDULE

FALL 2023 - Starting Monday, November 26th



## LAP SWIM

| MONDAY                        | TUESDAY                     | WEDNESDAY                     | THURSDAY                    | FRIDAY                        | SATURDAY  | SUNDAY                     |
|-------------------------------|-----------------------------|-------------------------------|-----------------------------|-------------------------------|---|----------------------------|
| 7:00AM-12:00PM<br>ALL LANES   | 6:00AM-8:50AM<br>ALL LANES  | 7:00AM-12:00PM<br>ALL LANES   | 6:00AM-8:50AM<br>ALL LANES  | 7:00AM-9:50AM<br>ALL LANES    | 9:00AM-10:50AM<br>LANES 1-7*  | 9:00AM-1:30PM<br>ALL LANES |
| 12:00PM-2:00PM<br>POOL CLOSED | 8:50AM-11:00AM<br>LANES 6-8 | 12:00PM-2:00PM<br>POOL CLOSED | 8:50AM-11:00AM<br>LANES 6-8 | 9:50AM-10:50AM<br>LANES 6-8   | 10:50AM-12:00PM<br>LANES 5-7  |                            |
| 2:00PM-4:00PM<br>ALL LANES    | 11:00AM-4:00PM<br>ALL LANES | 2:00PM-4:00PM<br>ALL LANES    | 11:00AM-4:00PM<br>ALL LANES | 11AM-12PM<br>ALL LANES        | 12:00PM-3:30PM<br>ALL LANES   |                            |
| 4:00PM-7:00PM<br>LANES 2-4    | 4:00PM-7:00PM<br>LANES 2-4  | 4:00PM-7:00PM<br>LANES 2-4    | 4:00PM-7:00PM<br>LANES 2-4  | 12:00PM-2:00PM<br>POOL CLOSED | *These lanes will be affected during Lifeguard Training. Please check App |                            |
| 7:00PM-8:00PM<br>ALL LANES    | 7:00PM-8:00PM<br>LANES 1-4  | 7:00PM-8:00PM<br>ALL LANES    | 7:00PM-8:00PM<br>LANES 1-4  | 2:00PM-4:00PM<br>ALL LANES    |   |                            |

## WATER EXERCISE

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY                  |
|---|---|--|---|---|---|-------------------------|
| 9:00AM-9:50AM<br>ACTIVE & MOBILE<br>JANET W.<br>WARM POOL | 9:00AM-9:50AM<br>EXTREME POWER<br>WORKOUT<br>CAROL S.<br>LAP POOL | 9:00AM-9:50AM<br>ACTIVE & MOBILE<br>JANET W.<br>WARM POOL  | 9:00AM-9:50AM<br>EXTREME POWER<br>WORKOUT<br>CAROL S.<br>LAP POOL | 10:00AM-10:50AM<br>COMPLETE AQUA<br>KATHARINE D.<br>LAP POOL        | 11:00AM-11:50AM<br>NOTHING BUT<br>NOODLES<br>CAROL S.<br>LAP POOL | NO CLASSES<br>SCHEDULED |
|   | 10:00AM-10:50AM<br>DEEPLY FIT<br>CAROL S.<br>LAP POOL             | 10:00AM-10:50AM<br>HYDRO FIT PLUS<br>CAROL S.<br>WARM POOL | 10:00AM-10:50AM<br>DEEPLY FIT<br>CAROL S.<br>LAP POOL             | 11:00AM-11:50AM<br>CORE & MUCH<br>MORE<br>KATHARINE D.<br>WARM POOL |   |                         |

TO VIEW ALL CURRENT SCHEDULES  
**SCAN HERE**



**WARM POOL CLOSED  
DURING SWIM LESSON TIMES**

MONDAY - THURSDAY: 4:00pm - 6:00pm  
SATURDAY: 9:00am - 12:00pm

## ADULT SWIM / SWIM CLUB

| MONDAY                                   | TUESDAY                                  | WEDNESDAY                                | THURSDAY                                 | FRIDAY                                   |
|--|--|--|--|--|
| 8:00AM-9:00AM<br>ADULT SWIM<br>WARM POOL | 2:00PM-3:00PM<br>ADULT SWIM<br>WARM POOL | 8:00AM-9:00AM<br>ADULT SWIM<br>WARM POOL | 2:00PM-3:00PM<br>ADULT SWIM<br>WARM POOL | 8:00AM-9:00AM<br>ADULT SWIM<br>WARM POOL |
| 2:00PM-3:00PM<br>ADULT SWIM<br>WARM POOL | 7:00PM-8:00PM<br>SWIM CLUB<br>LAP POOL   | 2:00PM-3:00PM<br>ADULT SWIM<br>WARM POOL | 7:00PM-8:00PM<br>SWIM CLUB<br>LAP POOL   |  |

## FAMILY SWIM

| MONDAY                       | TUESDAY                      | WEDNESDAY                    | THURSDAY                     | FRIDAY                      | SATURDAY                    | SUNDAY                     |
|------------------------------|------------------------------|------------------------------|------------------------------|-----------------------------|-----------------------------|----------------------------|
| 10:00AM-12:00PM<br>WARM POOL | 11:00AM-12:00PM<br>WARM POOL | 11:00AM-12:00PM<br>WARM POOL | 11:00AM-12:00PM<br>WARM POOL | 9:00AM-11:00AM<br>WARM POOL | 12:00PM-3:30PM<br>WARM POOL | 9:00AM-1:30PM<br>WARM POOL |
| 3:00PM-4:00PM<br>WARM POOL   | 3:00PM-4:00PM<br>WARM POOL   | 3:00PM-4:00PM<br>WARM POOL   | 3:00PM-4:00PM<br>WARM POOL   | 2:00PM-6:30PM<br>WARM POOL  |                             |                            |
| 6:00PM-8:00PM<br>WARM POOL   | 6:00PM-8:00PM<br>WARM POOL   | 6:00PM-8:00PM<br>WARM POOL   | 6:00PM-8:00PM<br>WARM POOL   |                             |                             |                            |

SCHEDULE AND LAP LANE AVAILABILITY SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK THE YMCA APP FOR UPDATE CHANGES

Revised 11/14/23



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# SOUTHEAST VENTURA COUNTY YMCA YARROW FAMILY YMCA CLASS DESCRIPTIONS

[www.sevymca.org/pool-information](http://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 other Lap Swim lanes.