

SOUTHEAST VENTURA COUNTY YMCA

# YARROW FAMILY YMCA AQUATIC SCHEDULE

WINTER 2023 - EFFECTIVE 12/20/23 to 1/15/24



## LAP SWIM

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

## WATER EXERCISE

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

## ADULT SWIM / SWIM CLUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00AM-9:00AM ADULT SWIM WARM POOL	2:00PM-3:00PM ADULT SWIM WARM POOL	8:00AM-9:00AM ADULT SWIM WARM POOL	2:00PM-3:00PM ADULT SWIM WARM POOL	8:00AM-9:00AM ADULT SWIM WARM POOL
2:00PM-3:00PM ADULT SWIM WARM POOL	7:00PM-8:00PM SWIM CLUB LAP POOL	2:00PM-3:00PM ADULT SWIM WARM POOL	7:00PM-8:00PM SWIM CLUB LAP POOL	NO SWIM CLUB ON 12/26/24 & 12/28/24

TO VIEW ALL CURRENT SCHEDULES  
SCAN HERE



NO SWIM LESSONS  
12/20/23 TO 1/15/24

Lessons resume  
1/16/24

## FAMILY SWIM

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



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## 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.