



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA AQUATIC SCHEDULE

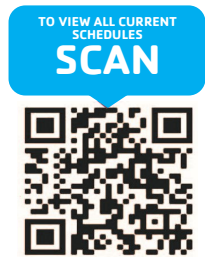
WINTER 2024 - Starting Friday, January 12th

LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM-12:00PM ALL LANES	6:00AM-7:00AM 3 LANES OPEN	6:00AM-12:00PM ALL LANES	6:00AM-7:00AM 3 LANES OPEN	6:00AM-12:00PM ALL LANES	8:00AM-11:30AM 3 LANES OPEN	CLOSED
12:00PM-4:00PM POOL CLOSED	7:00AM-9:00AM ALL LANES	12:00PM-4:00PM POOL CLOSED	7:00AM-9:00AM ALL LANES	12:00PM-2:00PM POOL CLOSED	11:30AM-1:30PM ALL LANES*	
	9:00AM-10:00AM 3 LANES OPEN		9:00AM-10:00AM 3 LANES OPEN		2:00PM-5:30PM ALL LANES	
4:00PM-8:00PM 2 LANES OPEN	10:00AM-12:00PM ALL LANES	4:00PM-8:00PM 2 LANES OPEN	10:00AM-12:00PM ALL LANES	12:00PM-4:00PM POOL CLOSED		
	4:00PM-8:00PM 2 LANES OPEN		4:00PM-8:00PM 2 LANES OPEN			

WATER EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM-8:50AM JOINT MOBILITY JOAN WARM POOL	6:00AM-6:50AM AQUA FIT YVETTE LAP POOL	NO CLASSES SCHEDULED	6:00AM-6:50AM AQUA FIT YVETTE LAP POOL	8:00AM-8:50AM JOINT MOBILITY JOAN WARM POOL	8:00AM-8:50AM JOINT MOBILITY JOAN WARM POOL	CLOSED
	8:00AM-8:50AM JOINT MOBILITY STEPH WARM POOL		8:00AM-8:50AM JOINT MOBILITY STEPH WARM POOL		9:00AM-9:50AM HYDRO FIT DEB LAP POOL	
	9:00AM-9:50AM REJUVENATING AQUA FITNESS STEPH LAP POOL		9:00AM-9:50AM REJUVENATING AQUA FITNESS STEPH LAP POOL			
	7:00PM-7:50PM HYDRO FIT DEB LAP POOL		7:00PM-7:50PM HYDRO FIT DEB LAP POOL			



ADULT SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00AM-8:00AM ADULT SWIM WARM POOL	7:00AM-8:00AM ADULT SWIM WARM POOL	7:00AM-9:00AM ADULT SWIM WARM POOL	7:00AM-8:00AM ADULT SWIM WARM POOL	7:00AM-8:00AM ADULT SWIM WARM POOL

WARM POOL CLOSED DURING SWIM LESSON TIMES
MONDAY - THURSDAY: 4:00pm - 6:00pm
SATURDAY: 9:00am - 11:30am
SCHEDULE AND LAP LANE AVAILABILITY SUBJECT TO CHANGE AT ANY TIME. PLEASE CHECK THE YMCA

FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM-12:00PM WARM POOL	9:00AM-12:00PM WARM POOL	9:00AM-12:00PM WARM POOL	9:00AM-12:00PM WARM POOL	9:00AM-12:00PM WARM POOL	11:30AM-1:30PM WARM POOL	CLOSED
6:00PM-8:00PM WARM POOL	6:00PM-8:00PM WARM POOL	6:00PM-8:00PM WARM POOL	6:00PM-8:00PM WARM POOL	2:00PM-5:30PM WARM POOL		



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SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA CLASS DESCRIPTIONS

www.sevymca.org/pool-information



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.

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.

SIMI VALLEY FAMILY YMCA

3200 Cochran Street, Simi Valley, CA 93065 | 805.583.5338