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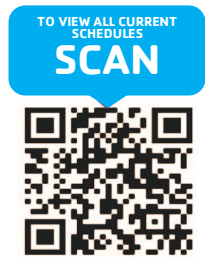
# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA AQUATIC SCHEDULE

Summer 2024 - Starting Monday, July 15th  
**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-12:00PM 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-3:30PM POOL CLOSED	12:00PM-1:30PM ALL LANES*	
	9:00AM-10:00AM 3 LANES OPEN		9:00AM-10:00AM 3 LANES OPEN		*These lanes will be affected during Lifeguard Training. Please check App	
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	3:30PM-5:30PM ALL LANES		
	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 APP.

## FAMILY SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM-12:00PM WARM POOL	9:00AM-12:00PM WARM POOL	9:30AM-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	3:30PM-5:30PM WARM POOL		



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# SOUTHEAST VENTURA COUNTY YMCA SIMI VALLEY FAMILY YMCA CLASS DESCRIPTIONS

[www.sevymca.org/pool-information](http://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**