



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



SOUTHEAST VENTURA COUNTY YMCA
YARROW FAMILY YMCA
AQUATIC SCHEDULE
WINTER - STARTING NOVEMBER 30TH

WATER EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00AM-9:50AM ACTIVE & MOBILE JANET W. WARM POOL	9:00AM-9:50AM HYDRO HUSTLE CAROL S. WARM POOL	9:00AM-9:50AM ACTIVE & MOBILE JANET W. WARM POOL	9:00AM-9:50AM HYDRO HUSTLE CAROL S. WARM POOL	10:00AM-10:50AM COMPLETE AQUA KATHARINE D. WARM POOL	8:00AM-8:50AM NOTHING BUT NOODLES CAROL S. WARM POOL	
	10:00AM-10:50AM AQUAFIT FUSION CAROL S. WARM POOL	10:00AM-10:50AM HYDRO FIT PLUS CAROL S. WARM POOL	10:00AM-10:50AM AQUAFIT FUSION CAROL S. WARM POOL	11:00AM-11:50AM CORE & MUCH MORE KATHARINE D. WARM POOL		

ADULT SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00AM-9:00AM ADULT SWIM WARM POOL	8:00AM-9:00AM ADULT SWIM WARM POOL	8:00AM-9:00AM ADULT SWIM WARM POOL	8:00AM-9:00AM ADULT SWIM WARM POOL	8:00AM-9:00AM ADULT SWIM WARM POOL		
2:00PM-3:00PM ADULT SWIM WARM POOL	1:00PM-3:00PM ADULT SWIM WARM POOL	2:00PM-3:00PM ADULT SWIM WARM POOL	1:00PM-3:00PM ADULT SWIM WARM POOL			

FAMILY SWIM

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

WARM POOL CLOSED - SWIM LESSONS ONLY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4:00PM-6:00PM SWIM LESSONS	4:00PM-6:00PM SWIM LESSONS	4:00PM-6:00PM SWIM LESSONS	4:00PM-6:00PM SWIM LESSONS		9:00AM-12:00PM SWIM LESSONS	

LAP POOL - CLOSED
TEMPORARY CLOSURE UNTIL JANUARY 19TH
NO LAP SWIM

TO VIEW ALL CURRENT SCHEDULES

SCAN HERE



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

Revised 11/19/24



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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 light 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.

AQUAFIT FUSION

Athletes and beginners - take the plunge. Deep water running and traveling guaranteed to challenge your body, your core muscles, and your stamina!

HYDRO HUSTLE

Light cardio and core-focused exercises come together to help build balance, strength, and flexibility in a low impact environment that's easy on the joints yet challenges your body. Ideal for anyone looking to tone, strengthen, and improve mobility!

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 - *CANCELLED DURING LAP POOL RENOVATIONS*

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.

WARM POOL ETIQUETTE

During our lap pool renovation, we may see an increased amount of people utilizing the warm pool. Please keep these things in mind while swimming with us during this time:

- For safety reasons, lap swimming is not allowed during Adult Swim or Family Swim.
- Please be considerate and respectful of others when using the warm pool.

DID YOU KNOW?

As America's most trusted swim instructor, the YMCA helps kids (and adults) of all ages, abilities and backgrounds develop skills they need to become strong, confident swimmers.

Learn more about the Y's swim lesson visit:

www.sevymca.org/swim-lessons