



SOUTHEAST VENTURA COUNTY YMCA

the YMCA

ESTABLISHED IN 1964

| | MONDAY | | | | TUESDAY | | | | WEDNESDAY | | | | THURSDAY | | | |
|---------|---------------------------|---------------------------|----------------------|---------------------|---------------------------|-------------------------|----------------------|---------------------|---------------------------|---------------------------|----------------------|---------------------|---------------------------|-------------------------|----------------------|---------------------|
| 6:00am | POOL CLOSED | | | | LAP SWIM 8 LANES | | | | POOL CLOSED | | | | LAP SWIM 8 LANES | | | |
| 7:00am | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | |
| 8:00am | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | |
| 9:00am | LAP SWIM 8 LANES | | | | AQUA CLASS 6 LANES | | LAP SWIM 2 LANES | | LAP SWIM 8 LANES | | | | AQUA CLASS 6 LANES | | LAP SWIM 2 LANES | |
| 10:00am | SUMMER CAMP 4 LANES | | LAP SWIM 4 LANES | | AQUA CLASS 6 LANES | | LAP SWIM 2 LANES | | AQUA CLASS 6 LANES | | LAP SWIM 2 LANES | | AQUA CLASS 6 LANES | | LAP SWIM 2 LANES | |
| 11:00am | | | LAP SWIM 4 LANES | | | | | | | | | | | | | |
| 11:30am | 4 LANES | | LAP SWIM 4 LANES | | LAP SWIM 8 LANES | | LAP SWIM 4 LANES | | JR GUARD 4 LANES | | LAP SWIM 8 LANES | | LAP SWIM 8 LANES | | LAP SWIM 8 LANES | |
| 12:00pm | | | LAP SWIM 4 LANES | | | | | | | | | | | | | |
| 1:00pm | SUMMER CAMP FMG | | | 2 LANES | SUMMER CAMP FMG | | | 2 LANES | SUMMER CAMP FMG | | | 2 LANES | SUMMER CAMP FMG | | | 2 LANES |
| 2:00pm | | | | LAP SWIM 2 LANES | | | | LAP SWIM 2 LANES | | | | LAP SWIM 2 LANES | | | | LAP SWIM 2 LANES |
| 3:00pm | | | | LAP SWIM 2 LANES | | | | LAP SWIM 2 LANES | | | | LAP SWIM 2 LANES | | | | LAP SWIM 2 LANES |
| 3:30pm | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | | LAP SWIM 8 LANES | | | |
| 4:00pm | SWIM LESSONS 1 LANE | LAP SWIM 3 LANES | HORIZON 4 LANES | | SWIM LESSONS 1 LANE | WATER POLO 1 LANE | LAP SWIM 2 LANES | HORIZON 4 LANES | SWIM LESSONS 1 LANE | LAP SWIM 4 LANES | STINGRAYS 4 LANES | | SWIM LESSONS 1 LANE | WATER POLO 1 LANE | LAP SWIM 2 LANES | HORIZON 4 LANES |
| 5:00pm | SWIM LESSONS 1 LANE | LAP SWIM 3 LANES | HORIZON 4 LANES | | SWIM LESSONS 1 LANE | WATER POLO 1 LANE | LAP SWIM 2 LANES | HORIZON 4 LANES | SWIM LESSONS 1 LANE | LAP SWIM 4 LANES | HORIZON 4 LANES | | SWIM LESSONS 1 LANE | WATER POLO 1 LANE | LAP SWIM 2 LANES | HORIZON 4 LANES |
| 6:00pm | STINGRAYS 1 LANE | SWIM LESSONS 1 LANE | LAP SWIM 2 LANES | HORIZON 4 LANES | SWIM LESSONS 1 LANE | LAP SWIM 3 LANES | HORIZON 4 LANES | | STINGRAYS 1 LANE | SWIM LESSONS 1 LANE | LAP SWIM 2 LANES | HORIZON 4 LANES | SWIM LESSONS 1 LANE | LAP SWIM 3 LANES | HORIZON 4 LANES | |
| 7:00pm | LAP SWIM 4 LANES | | SWIM CLUB 4 LANES | | LAP SWIM 4 LANES | | SWIM CLUB 4 LANES | | LAP SWIM 4 LANES | | SWIM CLUB 4 LANES | | LAP SWIM 4 LANES | | SWIM CLUB 4 LANES | |
| 8:00pm | POOL CLOSED | | | | | | | | | | | | | | | |

YARROW FAMILY YMCA

LAP POOL SCHEDULE

June 23 – July 25



| | FRIDAY | | SATURDAY | | | SUNDAY | |
|---------|-----------------------|----------------------|---|---------------------|------------------------|-----------------------|--|
| 7:00am | LAP SWIM 8 LANES | | POOL CLOSED | | | POOL CLOSED | |
| 8:00am | LAP SWIM 8 LANES | | LAP SWIM 8 LANES | | | LAP SWIM 8 LANES | |
| 9:00am | LAP SWIM 8 LANES | | AQUA CLASS 5 LANES | LAP SWIM 3 LANES | SWIM LESSONS 1 LANE | LAP SWIM 8 LANES | |
| 10:00am | AQUA CLASS 4 LANES | LAP SWIM 4 LANES | WATER POLO 4 LANES | LAP SWIM 3 LANES | SWIM LESSONS 1 LANE | LAP SWIM 8 LANES | |
| 11:00am | LAP SWIM 8 LANES | | WATER POLO 4 LANES | LAP SWIM 3 LANES | SWIM LESSONS 1 LANE | LAP SWIM 8 LANES | |
| 12:00pm | POOL CLOSED | | LAP SWIM 8 LANES | | | LAP SWIM 8 LANES | |
| 1:00pm | | | LAP SWIM 8 LANES | | | LAP SWIM 8 LANES | |
| 1:30pm | | | | | | POOL CLOSES AT 1:30pm | |
| 2:00pm | LAP SWIM 8 LANES | | LAP SWIM 8 LANES | | | | |
| 3:00pm | LAP SWIM 8 LANES | | LAP SWIM 8 LANES | | | | |
| 3:30pm | | | POOL CLOSES AT 3:30pm | | | | |
| 4:00pm | LAP SWIM 4 LANES | STINGRAYS 4 LANES | 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 <ul style="list-style-type: none">• Lanes are available on a first come, first serve basis.• If there are more than 2 in a lane, you must swim in 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! | | | | |
| 5:00pm | LAP SWIM 4 LANES | HORIZON 4 LANES | | | | | |
| 6:00pm | LAP SWIM 4 LANES | HORIZON 4 LANES | | | | | |
| 6:30pm | POOL CLOSES AT 6:30pm | | | | | | |

ADULT SWIM

AQUA CLASS

FAMILY SWIM

HORIZON

LAP SWIM

JR. GUARDS

STINGRAYS

SWIM CLUB

SWIM LESSONS

WATER POLO

Questions? Contact

yarrowaquatics@sevyymca.org

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



YARROW FAMILY YMCA

WARM POOL SCHEDULE

June 23 – July 25




| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | |
|---------|-----------------|-----------------|-----------------|-----------------|------|
| 7:00am | POOL CLOSED | POOL CLOSED | POOL CLOSED | POOL CLOSED | |
| 8:00am | OPEN SWIM | | OPEN SWIM | | |
| 9:00am | AQUA CLASS | SWIM LESSONS | AQUA CLASS | SWIM LESSONS | |
| 10:00am | SUMMER CAMP | SUMMER CAMP FMG | SUMMER CAMP FMG | SUMMER CAMP FMG | |
| 11:00am | | | | | |
| 11:30am | | | | | |
| 12:00pm | POOL CLOSED | | | | |
| 1:00pm | SUMMER CAMP FMG | | | | |
| 2:00pm | | | | | |
| 3:00pm | | | | | |
| 3:30pm | POOL CLOSED | POOL CLOSED | POOL CLOSED | POOL CLOSED | |
| 4:00pm | SWIM LESSONS | SWIM LESSONS | SWIM LESSONS | SWIM LESSONS | SNAP |
| 5:00pm | SWIM LESSONS | SWIM LESSONS | SWIM LESSONS | SWIM LESSONS | SNAP |
| 6:00pm | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | |
| 7:00pm | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | FAMILY SWIM | |
| 8:00pm | POOL CLOSED | | | | |

YARROW FAMILY YMCA WARM POOL SCHEDULE

June 23 – July 25



| | FRIDAY | SATURDAY | | SUNDAY |
|---------|-----------------------|---|------|--|
| 7:00am | POOL CLOSED | POOL CLOSED | | POOL CLOSED |
| 8:00am | OPEN SWIM | | | |
| 9:00am | FAMILY SWIM | SWIM LESSONS | SNAP | FAMILY SWIM |
| 10:00am | SPORTS CAMP | SWIM LESSONS | SNAP | FAMILY SWIM |
| 11:00am | AQUA CLASS | SWIM LESSONS | SNAP | FAMILY SWIM |
| 12:00pm | POOL CLOSED | FAMILY SWIM | | FAMILY SWIM |
| 1:00pm | POOL CLOSED | FAMILY SWIM | | FAMILY SWIM |
| 2:00pm | FAMILY SWIM | FAMILY SWIM | | POOL CLOSES AT 2:00pm |
| 3:00pm | FAMILY SWIM | FAMILY SWIM | | |
| 3:30pm | | POOL CLOSES AT 3:30pm | | |
| 4:00pm | FAMILY SWIM | <div>TO VIEW ALL CURRENT SCHEDULES SCAN HERE</div> <div></div> | | <div>POOL CLOSING AT 2:00pm</div> <ul style="list-style-type: none">No diving, running or rough playAll swimmers must shower beforeAll children 11 years and younger must be accompanied by a parent or guardian.Children 2 years and younger must be accompanied by an adultPlease use locker rooms or Family Changing RoomChanging on pool decks is prohibitedNo glass, gum, soap or food allowedProper swim attire must be worn. |
| 5:00pm | FAMILY SWIM | | | |
| 6:00pm | FAMILY SWIM | | | |
| 6:30pm | POOL CLOSES AT 6:30pm | | | |

OPEN SWIM

AQUA CLASS

FAMILY SWIM

SNAP

SWIM LESSONS

SUMMER CAMP

Questions? Contact

yarrowaquatics@sevyymca.org

POOL RULES

- No diving, running or rough play allowed.
- All swimmers must shower before entering pool.
- All children 11 years and younger must be accompanied by a parent or guardian.
- Children 2 years and younger must wear swim diapers or liner at all times.
- Please use locker rooms or Family Changing Rooms to change your child's suit. Changing on pool decks is prohibited.
- No glass, gum, soap or food allowed in pool area.
- Proper swim attire must be worn. No cutoffs or t-shirts allowed.
- Full face snorkel masks are not permitted.
- When there are more than 2 swimmers per lanes, everyone must circle swim.
- Spitting, blowing of the nose or discharging of bodily waste in the pool is prohibited.
- Sitting or hanging on float lines is not allowed.
- All Lifejackets Must be US Coast Guard-approved for use in the pool.
- Lifeguards reserve the right to inspect and approve any personal lifejacket.
- Please obey the lifeguard at all times

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE

