

	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	LAP SWIM 8 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 8 LANES				LAP SWIM 8 LANES		LAP SWIM 8 LANES		LAP SWIM 8 LANES	
12:00pm	POOL CLOSED				LAP SWIM 8 LANES		POOL CLOSED		LAP SWIM 8 LANES	
1:00pm					LAP SWIM 8 LANES				LAP SWIM 8 LANES	
2:00pm	LAP SWIM 8 LANES				LAP SWIM 8 LANES		LAP SWIM 8 LANES		LAP SWIM 8 LANES	
3:00pm	LAP SWIM 8 LANES				LAP SWIM 8 LANES		LAP SWIM 8 LANES		LAP SWIM 8 LANES	
4:00pm	SWIM LESSONS 1 LANES	LAP SWIM 3 LANES	HORIZON 4 LANES		LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 8 LANES		LAP SWIM 4 LANES	HORIZON 4 LANES
5:00pm	SWIM LESSONS 1 LANES	LAP SWIM 3 LANES	HORIZON 4 LANES		LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 4 LANES	LAP SWIM 4 LANES	HORIZON 4 LANES
6:00pm	STING- RAYS 1 LANES	SWIM LESSONS 1 LANE	LAP SWIM 2 LANES	HORIZON 4 LANES	LAP SWIM 4 LANES	HORIZON 4 LANES	LAP SWIM 4 LANES	HORIZON 4 LANES	LAP SWIM 4 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 9 – June 15



	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 2 LANES LG Training	LAP SWIM 8 LANES
10:00am	AQUA CLASS 4 LANES	LAP SWIM 4 LANES	LAP SWIM 8 LANES		LAP SWIM 8 LANES
11:00am	LAP SWIM 8 LANES		LAP SWIM 8 LANES		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
2:00pm	LAP SWIM 8 LANES		LAP SWIM 8 LANES		POOL CLOSES AT 2:00pm
3:00pm	LAP SWIM 8 LANES		LAP SWIM 8 LANES		
3:30pm			POOL CLOSES AT 3:30pm		
4:00pm	LAP SWIM 8 LANES		<div>LAP LANE SWIM SPACE</div> <p>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.</p> <div>LAP SWIM ETIQUETTE</div> <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.		
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

STINGRAYS

SWIM CLUB

SWIM LESSONS

Questions? Contact
yarrowaquatics@sevmca.org

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE



SOUTHEAST VENTURA COUNTY YMCA
YARROW FAMILY YMCA
WARM POOL SCHEDULE

June 9 – June 15



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
7:00am	POOL CLOSED	POOL CLOSED	POOL CLOSED	POOL CLOSED	
8:00am	ADULT OPEN SWIM		ADULT OPEN SWIM		
9:00am	AQUA CLASS		AQUA CLASS		
10:00am	FAMILY SWIM		FAMILY SWIM		
11:00am	FAMILY SWIM		FAMILY SWIM		
12:00pm	POOL CLOSED		POOL CLOSED		
1:00pm					
2:00pm	ADULT OPEN SWIM	ADULT OPEN SWIM	ADULT OPEN SWIM	ADULT OPEN SWIM	
3:00pm	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	
4:00pm	SWIM LESSONS	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	SNAP
5:00pm	SWIM LESSONS	FAMILY SWIM	FAMILY SWIM	FAMILY SWIM	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 9 – June 15



	FRIDAY	SATURDAY		SUNDAY
7:00am	POOL CLOSED	POOL CLOSED		POOL CLOSED
8:00am	ADULT OPEN SWIM			
9:00am	FAMILY SWIM	FAMILY SWIM	SNAP	FAMILY SWIM
10:00am	FAMILY SWIM	FAMILY SWIM	SNAP	FAMILY SWIM
11:00am	AQUA CLASS	FAMILY SWIM	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 CLOSING AT 2:00pm
3:00pm	FAMILY SWIM	FAMILY SWIM		
3:30pm		POOL CLOSING AT 3:30pm		
4:00pm	FAMILY SWIM			
5:00pm	FAMILY SWIM			
6:00pm	FAMILY SWIM			
6:30pm	POOL CLOSING AT 6:30pm			

OPEN SWIM

AQUA CLASS

FAMILY SWIM

SNAP

SWIM LESSONS

Questions? Contact

yarrowaquatics@sevymca.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.

TO VIEW ALL CURRENT SCHEDULES
SCAN HERE

