



SIMI VALLEY FAMILY YMCA

AQUATIC SCHEDULE

FALL SCHEDULE 2025

Revised 10/22/25

LAP SWIM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 12:00pm ALL LANES	6:00am - 7:00am LANES 4-6	6:00am - 12:00pm ALL LANES	6:00am - 7:00am LANES 4-6	6:00am - 12:00pm ALL LANES	8:00am - 12:00pm LANES 1 - 3	9:00am - 1:30pm ALL LANES
3:00pm - 4:00pm ALL LANES	7:00am - 9:00am ALL LANES	3:00pm - 4:00pm ALL LANES	7:00am - 9:00am ALL LANES	3:00pm - 5:30pm 5 LANES	12:00pm - 1:30pm LANES 1 - 3	
4:00pm - 8:00pm LANES 1 - 3	9:00am - 10:00am LANES 4-6	4:00pm - 8:00pm 4 LANES	9:00am - 10:00pm LANES 4-6			
8:00pm - 8:30pm ALL LANES	10:00am - 12:00pm ALL LANES	8:00pm - 8:30pm ALL LANES	10:00am - 12:00pm ALL LANES			
	3:00pm - 4:00pm ALL LANES		3:00pm - 4:00pm ALL LANES		*These lanes will be affected during Lifeguard Training. Please check app.	
	4:00pm - 8:00pm LANES 1 - 3		4:00pm - 8:00pm LANES 1 - 3			
	8:00pm - 8:30pm ALL LANES		8:00pm - 8:30pm ALL LANES			
LAP AND WARM POOL WILL BE CLOSED MONDAY - FRIDAY FROM 12:00pm - 3:00pm WARM POOL OPEN ONLY TO SWIM LESSON UNTIL 6:30PM MONDAY - Thursday						

AQUA FIT CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00am - 8:50am JOINT MOBILITY JOAN WARM POOL	6:05am - 6:55am AQUA FIT YVETTE LAP POOL	NO AQUA FIT CLASSES SCHEDULED	6:05am - 6:55am AQUA FIT YVETTE LAP POOL	8:00am - 8:50am JOINT MOBILITY JOAN WARM POOL	8:00am - 8:50am JOINT MOBILITY JOAN WARM POOL	NO AQUA FIT CLASSES SCHEDULED
	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 FIT STEPH LAP POOL		9:00am - 9:50am REJUVENATING AQUA FIT STEPH LAP POOL	SCAN HERE TO VIEW ALL CURRENT SCHEDULES 		
	7:00pm - 7:50pm HYDRO FIT DEB LAP POOL		7:00pm - 7:50pm HYDRO FIT DEB LAP POOL			

SCHEDULE AND LAP LANE AVAILABILITY SUBJECT TO CHANGE AT ANYTIME. PLEASE CHECK THE YMCA APP FOR UPDATES AND CHANGES.

WARM POOL (ADULT/FAMILY)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00am - 8:00am ADULT SWIM	7:00am - 8:00am ADULT SWIM	7:00am - 8:00am ADULT SWIM	7:00am - 8:00am ADULT SWIM	7:00am - 8:00am ADULT SWIM	11:30am - 1:30pm FAMILY SWIM	10:15am - 1:30pm FAMILY SWIM
9:00am - 12:00pm FAMILY SWIM	9:00am - 12:00pm FAMILY SWIM	9:30am - 12:00pm FAMILY SWIM	9:00am - 12:00pm FAMILY SWIM	9:00am - 12:00pm FAMILY SWIM	WARM POOL CLOSED DURING SWIM LESSON TIMES *SUNDAY WARM POOL WILL BE HALF POOL MONDAY - THURSDAY: 4:00pm - 6:30pm WEDNESDAY: 9:00am - 9:30am SATURDAY: 9:00am - 11:30am SUNDAY: 10:15am - 11:15am (Half Pool)	
6:30pm - 8:30pm FAMILY SWIM	6:30pm - 8:30pm FAMILY SWIM	6:30pm - 8:30pm FAMILY SWIM	6:30pm - 8:30pm FAMILY SWIM	3:00pm - 5:30pm FAMILY SWIM		

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3200 Cochran Street, Simi Valley, CA 93065

www.sevymca.org | 805.583.5338

For more information please email us at simiaquatics@sevymca.org



AQUA FIT 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 FIT

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 you lane mates. Let them know that you are entering a lane before pushing off to swim. This will help avoid in-water collision!
- 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.

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