



YARROW FAMILY YMCA

AQUATIC SCHEDULE

FALL SCHEDULE 2025 (10/1/25-10/12/25)

Revised 10/3/25

LAP SWIM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---------------------------------|---|------------------------------|
| 7:00am - 12:00pm ALL LANES | 6:00am - 8:50am ALL LANES | 7:00am - 12:00pm ALL LANES | 6:00am - 8:50am ALL LANES | 7:00am - 9:50am ALL LANES | 8:00am - 8:50am ALL LANES | 8:00am - 1:30am ALL LANES |
| 12:00pm - 2:00pm POOL CLOSED | 8:50am - 11:00am LANES 6 - 8 | 12:00pm - 2:00pm POOL CLOSED | 8:50am - 11:00am LANES 6 - 8 | 9:50am - 10:50am LANES 6 - 8 | 9:00am - 9:50am LANES 6 - 8 | |
| 2:00pm - 4:00pm ALL LANES | 11:00am - 4:00pm ALL LANES | 2:00pm - 4:00pm ALL LANES | 11:00am - 4:00pm ALL LANES | 11:00am - 12:00pm ALL LANES | 10:00am - 3:30pm ALL LANES | |
| 4:00pm - 7:00pm LANES 2 - 4 | 4:00pm - 7:00pm LANES 2 - 4 | 4:00pm - 7:00pm LANES 2 - 4 | 4:00pm - 7:00pm LANES 2 - 4 | 12:00pm - 2:00pm POOL CLOSED | *These lanes will be affected during Lifeguard Training. Please check app. | |
| 7:00pm - 8:00pm LANES 1 - 4 | 7:00pm - 8:00pm LANES 1 - 4 | 7:00pm - 8:00pm LANES 1 - 4 | 7:00pm - 8:00pm LANES 1 - 4 | 2:00pm - 6:30pm ALL LANES | | |

AQUA FIT CLASSES

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|---|--|---|---|---|-----------------------------|
| 9:00am - 9:50am ACTIVE & MOBILE JANET W. WARM POOL | 9:00am - 9:50am EXTREME POWER WORKOUT CAROL S. LAP POOL | 9:00am - 9:50am ACTIVE & MOBILE JANET W. WARM POOL | 9:00am - 9:50am EXTREME POWER WORKOUT CAROL S. LAP POOL | 10:00am - 10:50am COMPLETE AQUA KATHARINE D. LAP POOL | 9:00am - 9:50am NOTHING BUT NOODLES CAROL S. LAP POOL | NO CLASSES SCHEDULED |
| | 10:00am - 10:50am DEEPLY FIT CAROL S. LAP POOL | 10:00am - 10:50am HYDRO FIT CAROL S. WARM POOL | 10:00am - 10:50am DEEPLY FIT CAROL S. LAP POOL | 11:00am - 11:50am CORE & MUCH MORE KATHARINE D. WARM 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 |
|---|---------------------------------------|---|---------------------------------------|--|---|---------------------------------------|
| 8:00am - 9:00am ADULT SWIM | POOL CLOSED | 8:00am - 9:00am ADULT SWIM | POOL CLOSED | 8:00am - 9:00am ADULT SWIM | 9:00am - 3:30pm FAMILY SWIM | 9:00pm - 1:30pm FAMILY SWIM |
| 10:00am - 12:00pm FAMILY SWIM | 2:00pm - 3:00pm ADULT SWIM | 10:00am - 12:00pm FAMILY SWIM | 2:00pm - 3:00pm ADULT SWIM | 9:00am - 10:50am FAMILY SWIM | <div> <p>SCAN HERE TO VIEW ALL CURRENT SCHEDULES</p> </div> | |
| 12:00pm - 2:00pm POOL CLOSED | 3:00pm - 8:00pm FAMILY SWIM | 12:00pm - 2:00pm POOL CLOSED | 3:00pm - 8:00pm FAMILY SWIM | 12:00pm - 2:00pm POOL CLOSED | | |
| 2:00pm - 3:00pm ADULT SWIM | | 2:00pm - 3:00pm ADULT SWIM | | 2:00pm - 6:30pm FAMILY SWIM | | |
| 3:00pm - 8:00pm FAMILY SWIM | | 3:00pm - 8:00pm FAMILY SWIM | | | | |

SWIM CLUB - LAP POOL

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|
| 7:00pm - 8:00pm SWIM CLUB | 7:00pm - 8:00pm SWIM CLUB | 7:00pm - 8:00pm SWIM CLUB | 7:00pm - 8:00pm SWIM CLUB |

YARROW FAMILY YMCA

31105 Thousand Oaks Blvd. Westlake Village, CA 91362

www.sevymca.org | 818.707.9622

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



AQUA FIT 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 cardio, strength, endurance, flexibility, range of motion and balance exercises, while using a variety of water fitness equipment in new 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.

DEEPLY FIT

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

EXTREME POWER WORKOUT

Fast paced cardiovascular aquatic workout in shallow water, utilizing equipment for muscular strength training, toning and stretching.

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 – Open to adults of all levels!

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.

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.