**WATER FITNESS CLASS DESCRIPTIONS**

**Beginner Aqua**
This restorative class in the warm water pool, improves balance, great for post-surgery and for those who are just beginning their fitness journey. Have fun, let loose and work your body to burn some calories. Enjoy a core workout with a touch of ballet, and experience a “no stress, express” workout which will leave you feeling invigorated.

**Intro Aqua**
A fun class either in the warm water pool or lap pool! Whether it’s an injury, joint issue or you simply have gills… The water adds a nice resistance to any workout. Core work is inevitable. Learn as you go & feel weightless while increasing strength.

**Complete Aqua**

**Aqua Yoga**
Enjoy a yoga class in the warm water pool. Creating stability, strength and flexibility with the support of water.

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

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

**Splash-Dance**
A move and grove high energy class that encourages flexibility, balance, cardio, and fun with a mix and music.

**SAFE POOLS, HAVE RULES**

- Obey the lifeguard at all times
- All swimmers must shower at The YMCA before entering the pool.
- Multiple activities are often scheduled in the pool at the same time. Programs take priority for pool space.
- Lifeguards are on duty to enforce rules and to respond in case of emergency
- Breath holding activities are not permitted in Y pools
- Lifeguards may swim test the swimming competency of any swimmer at any time
- No diving, running, riding piggy-back or rough play allowed
- Non-swimmers must wear a Coast Guard approved personal flotation device with an adult in the water. No inflatables permitted
- Each non-swimmer must be accompanied by an adult in the water. No more than 2 non-swimmers per adult.
- Sitting, hanging on or crossing over float lines are not allowed
- Members may not play, or loiter on the stairs or railings
- All swimmers must shower at the YMCA before entering the pool
- Proper swim attire must be worn at all times. No cut offs or t-shirts allowed in the pool
- Non-potty trained participants must wear an approved swim diaper at all times
- Food, glass, gum are not permitted on the pool deck or in pools
- Parents/guardians are responsible for supervising their children at all times
- Once a child is 12 years of age, they do not require adult supervision while in the pools
- Equipment is for instructional use only
- Lifeguard is the final authority on the pool deck

Age guidelines for group exercise classes: 11 and under are not allowed to participate, 12 and up can participate on their own. Observers should remain at the door.

**Questions?**
JR. Water Polo, Private Swim lessons
Contact: dshawcroft@sevymca.org
Swim Team
Contact: panderson@sevymca.org

**DOWNLOAD OUR APP!**
Southeast Ventura County YMCA
- View Pool and Facility Schedules
- Register for Aquatic Programs
# Lap Pool Schedule

**Monday**
- 5:00pm: Lap Swim
- 6:00pm: Splash Dance
- 7:00pm: Family Rec Swim
- 8:00pm: Swim Team

**Tuesday**
- 5:00pm: Lap Swim
- 6:00pm: Swimming Lessons
- 7:00pm: Family Rec Swim
- 8:00pm: Swim Team

**Wednesday**
- 5:00pm: Lap Swim
- 6:00pm: Swimming Lessons
- 7:00pm: Family Rec Swim
- 8:00pm: Swim Team

**Thursday**
- 5:00pm: Lap Swim
- 6:00pm: Swimming Lessons
- 7:00pm: Family Rec Swim
- 8:00pm: Swim Team

**Friday**
- 5:00pm: Lap Swim
- 6:00pm: Swimming Lessons
- 7:00pm: Family Rec Swim
- 8:00pm: Swim Team

**Saturday**
- 7:00pm: Lap Swim

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# Warm Water Pool Schedule

**Monday**
- 8:00am: Aqua Yoga – Karen, H
- 9:00am: Family Rec Swim
- 4:00pm: Swim Lessons

**Tuesday**
- 8:00am: Aqua Yoga – Karen, H
- 9:00am: Family Rec Swim
- 4:00pm: Swim Lessons

**Wednesday**
- 8:00am: Aqua Yoga – Karen, H
- 9:00am: Family Rec Swim
- 4:00pm: Swim Lessons

**Thursday**
- 8:00am: Family Rec Swim
- 4:00pm: Swim Lessons

**Friday**
- 8:00am: Family Rec Swim
- 4:00pm: Swim Lessons

**Saturday**
- 8:00am – 4:30pm: Family Rec

**Sunday**
- 7:00am – 4:30pm: Family Rec Swim – 5 lap lanes available

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*Schedule is subject to change *Pool rules on other side