



## Verdugo Hills Family YMCA Pool Schedule – April 1 to April 21st

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Lap Swim</b>  <b>5:00am</b> – 9:00am – 5 lanes            9:00am – 11:00am – 2 lanes            11:00am – 4:00pm – 3 lanes            4:00pm – 6:00pm – 2 lanes            6:00pm – 7:00pm – 2 lanes            7:00pm – 7:45pm – 3 lanes</p>	<p><b>Lap Swim</b>  <b>5:00am</b> – 9:00am – 5 lanes            9:00am – 11:00am – 2 lanes            11:00am – 1:00pm – 5 lanes            1:00pm – 2:00pm – 4 lanes            2:00pm – 4:00pm – 2 lanes            4:00pm – 6:00pm – 2 lanes            6:00pm – 7:00pm – 2 lanes            7:00pm – 7:45pm – 5 lanes</p>	<p><b>Lap Swim</b>  <b>5:00am</b> – 9:00am – 5 lanes            9:00am – 11:00am – 2 lanes            11:00am – 12:00pm – 5 lanes            12:00pm – 2:00pm – 4 lanes            2:00pm – 4:00pm – 3 lanes            4:00pm – 6:00pm – 2 lanes            6:00pm – 7:00pm – 2 lanes            7:00pm – 7:45pm – 5 lanes</p>	<p><b>Lap Swim</b>  <b>5:00am</b> – 9:00am – 5 lanes            9:00am – 11:00am – 2 lanes            11:00am – 1:00pm – 5 lanes            1:00pm – 2:00pm – 4 lanes            2:00pm – 4:00pm – 2 lanes            4:00pm – 6:00pm – 2 lanes            6:00pm – 7:00pm – 2 lanes            7:00pm – 7:45pm – 5 lanes</p>	<p><b>Lap Swim</b>  <b>5:00am</b> – 9:00am – 5 lanes            9:00am – 12:50pm – 2 lanes            12:50pm – 6:00pm – 4 lanes            6:00pm – 7:00pm – 2 lanes            7:00pm – 7:45pm – 5 lanes</p>
<p><b>Water Walking</b>            7:00am – 10:00am            12pm-4pm            7:00pm – 7:45pm</p>	<p><b>Water Walking</b>            7:00am – 9:00am            10:00am – 4:00pm            7:00pm – 7:45pm</p>	<p><b>Water Walking</b>            7:00am – 10:00am            11am-4pm            7:00pm – 7:45pm</p>	<p><b>Water Walking</b>            7:00am – 9:00am            10:00am – 4:00pm            7:00pm – 7:45pm</p>	<p><b>Water Walking</b>            7:00am – 9:00am            3:30:00am – 7:45pm</p>
<p><b>Family Swim</b>            2:00 – 6:00pm</p>	<p><b>Family Swim</b>            2:00 – 7:45pm</p>	<p><b>Family Swim</b>            2:00 – 6:15pm</p>	<p><b>Family Swim</b>            2:00 – 7:45pm</p>	<p><b>Family Swim</b>            2:00 – 7:45pm</p>

Lap Swim Limited Space,  
First Come First Serve

**SEE BACK SIDE FOR AQUA FIT SCHEDULE**

Last modified: 3/29/2024

**Note: the pool will open at 5:00am while CCY pool is closed. We will resume regular hours once CCY is open.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aquatic Group Classes	Aquatic Group Classes	Aquatic Group Classes	Aquatic Group Classes	Aquatic Group Classes
9:00am – 9:50am (new class) 10:00am - 10:50am 6:00pm - 6:50pm	9:00am - 9:50am 10:00a – 10:50am (new class) 6:15 – 7:05 pm (new class)	9:00 – 9:50am (new class) 10:00am - 10:50am Aqua Arthritis 6:15 – 7:05 pm (new class)	9:00am - 9:50am 10:00am – 10:50am (new class) 6:15 – 7:05 pm (new class)	9:00am - 9:50am Aqua Arthritis 10:00 – 10:50am (new class)

## POOL ETTIQUETTE

- ALL BATHERS MUST SHOWER BEFORE ENTERING OUR POOLS
- Lap swimming is for proficient swimmers, **AGES 15 and over**, who can continuously swim the lap lanes. Those younger than the age of 15 must receive lifeguard approval.
- Swimmers are not permitted to swim repeated lengths of the pool underwater or swim along the bottom of the pool
- Choose from slow, moderate or fast lanes
- Notify all swimmers before entering the lane
- Enter from the right side in the shallow side of the pool
- Two swimmers in a lane may split the lane in half
- Maximum 3 swimmers in a lane must swim in a counter-clockwise circle
- Some strokes are slow. Please consider this in fast lanes or on crowded days
- Use the center of the lane for passing or at turn if lane is crowded
- Pool will close for extreme weather, thunder and/or lightning
- Lifeguard has final authority on all lap swim rules and etiquette
- Schedule subject to change without notice