



## Verdugo Hills Family YMCA Pool Schedule

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

Lap Swim Limited Space, First Come First Serve

Last Modified: June 15, 2022

## LAP LANE ETTIQUETTE

- Lap swimming is for proficient swimmers, **AGES 16 and over**, who can continuously swim the lap lanes
- 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
- More than 2 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
- Lifeguard has final authority on all lap swim rules and etiquette