



Verdugo Hills Family YMCA Pool Schedule - September

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

Lap Swim Limited Space,
First Come First Serve

SEE BACK SIDE FOR AQUA FIT SCHEDULE

Effective: Sept 1, 2023

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

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

