



Verdugo Hills Family YMCA Pool Schedule

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

Last Modified: March 31, 202

LAP LANE ETTIQUETTE

- Lap swimming is for proficient swimmers 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