



Verdugo Hills Family YMCA Pool Schedule – OCTOBER – 6840 Foothill Blvd. Tujunga, 91040

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7:00– 9:00am – 4 lanes 9:00– 11:00am -2-3 lanes 11:00– 4:00pm – 3-4 lanes 4:00 – 7:00pm – 2-3 lanes 7:00– 7:45pm – 4 lanes	Lap Swim 7:00 – 8:00am – 4 lanes 8:00– 11:00am -2-3 lanes 11:00– 4:00pm – 3-4 lanes 4:00– 7:00pm – 2-3 lanes 7:00 – 7:45pm – 4 lanes	Lap Swim 7:00 – 9:00am – 4 lanes 9:00– 11:00am -2-3 lanes 11:00– 4:00pm – 3-4 lanes 4:00 – 7:00pm – 2-3 lanes 7:00pm – 7:45pm – 4 lanes	Lap Swim 7:00– 8:00am – 4 lanes 8:00– 11:00am -2-3 lanes 11:00– 4:00pm – 2 lanes 4:00– 7:00pm – 2-3 lanes 7:00– 7:45pm – 4 lanes	Lap Swim 7:00–9:00am– 4 lanes 9:00 – 11:00am – 2-3 lanes 11:00– 1:00pm – 4 lanes 1:00 – 3:00pm – 3 lanes 3:00 – 7:45pm – 4 lanes	Lap Swim 9am – 11:00am – 5 lanes 11:00 – 2:00pm – 4 lanes
Water Walking 7:00am – 9:00am 11:00am – 6:00pm 7:00pm - 7:45pm	Water Walking 7:00am – 8:00am 11:00am – 6:40pm	Water Walking 7:00am – 9:00am 11:00am – 6:00pm 7:00pm - 7:45pm	Water Walking 7:00am – 8:00am 11:00am – 1:00pm 3:00pm – 7:45pm	Water Walking 7:00am – 8:00am 11:00am – 7:45pm	Water Walking 9:00am – 2:00p
Family Swim 12:00pm – 6:00pm 7:00pm - 7:45pm	Family Swim 11:00am – 6:40pm	Family Swim 12:00pm – 6:00pm 7:00pm - 7:45pm	Family Swim 12:00pm – 6:40pm	Family Swim 12:00pm – 7:45pm	Family Swim 11:00a – 2:00pm
Aqua fit 11:00–11:50am – Aqua Aerobics 6:15 – 7:05 pm – Aqua Aerobics	Aqua fit 8:00am – 8:50am – Aquafit 9:00 - 9:50am – Arthritis 10:00–10:50a Aquafit	Aqua fit 6:15 – 7:05pm – Aqua Arthritis	Aqua fit 8:00am – 8:50am – Aqua Aerobics 9:00am – 9:50am – Aquafit 10:00am - 10:50am – Aqua Arthritis	Aqua fit 11:00 – 11:50am – Aqua Aerobics	Aqua fit

Last modified: September 30, 2026

LAP LANE ETIQUETTE

- 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

FAMILY SWIM RULES

- Children 7 and younger must have a parent or guardian in the same pool with them at all times
- Children ages 8 to 14 must have a parent or guardian present at least on the pool deck at all times
- Children under the age of 14 that would like to use the deep end of the pool, must pass a swim test given by the lifeguard on duty (swim test includes 2 lengths of proficient freestyle)
- Only Coast Guard approved life jackets are permitted (This cannot replace adult supervision) All other flotation devices will not be allowed
- Infants and children who are not potty trained must have a swim diaper
- Parents with children under the age of 5 should be within arm's reach at all times
- Diving and jumping are not permitted
- Family swim approved toys only (soft and non-hazardous, do not obstruct lifeguard's view, don't create a safety risk or disturb other swimmers)
- Horseplay and other activities that could take away from a lifeguard's ability to watch the pool in its entirety are strictly prohibited
- Breath holding activities are strictly prohibited
- Exercise equipment is for exercise purposes and water therapy only
- Lifeguards must keep in mind the maximum occupancy of the pools. Family swim patrons may be limited