



Verdugo Hills Family YMCA Pool Schedule

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| <p>Lap Swim</p> <p>7:00am – 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>Lap Swim</p> <p>7:00am – 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 – 6:45pm – 2 lanes</p> | <p>Lap Swim</p> <p>7:00am – 10:00am – 5 lanes 10:00am – 11:00am – 3 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</p> <p>7:00am – 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 – 6:45pm – 2 lanes</p> | <p>Lap Swim</p> <p>7:00am – 10:00am – 5 lanes 10:00am – 11:00am – 2 lanes 11:00am – 12:00pm – 3 lanes 12:00pm – 2:00pm – 5 lanes 2:00pm – 4:00pm – 3 lanes 4:00pm – 6:45pm – 3 lanes</p> |
| <p>Water Walking</p> <p>7:00am – 9:00am 11:00am – 4:00pm 7:00pm – 7:45pm</p> | <p>Water Walking</p> <p>7:00am – 9:00am 11:00am – 4:00pm</p> | <p>Water Walking</p> <p>7:00am – 1:00pm 2:00pm – 4:00pm 7:00pm – 7:45pm</p> | <p>Water Walking</p> <p>7:00am – 9:00am 11:00am – 4:00pm</p> | <p>Water Walking</p> <p>7:00am – 9:00am 11:00am – 6:45pm</p> |
| <p>Family Swim</p> <p style="color: red;">N/A</p> | <p>Family Swim</p> <p>2:00 – 2:50pm 3:00 – 3:50pm (Limited to 10 people)</p> | <p>Family Swim</p> <p style="color: red;">N/A</p> | <p>Family Swim</p> <p>2:00 – 2:50pm 3:00 – 3:50pm (Limited to 10 people)</p> | <p>Family Swim</p> <p>4:00pm – 4:50pm 5:00pm – 5:50pm 6:00pm – 6:45pm (Limited to 10 people)</p> |

Lap Swim Limited Space, First Come First Serve

Effective: September 6

LAP LANE ETTIQUETTE

- 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
- Lifeguard has final authority on all lap swim rules and etiquette