



## Verdugo Hills Family YMCA Pool Schedule – June

| MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   |
|---|--|---|--|---|--|
| <b>Lap Swim</b><br>7:00– 9:00am – 4 lanes<br>9:00– 11:00am -2-3 lanes<br>11:00– 4:00pm – 3-4 lanes<br>4:00 – 7:00pm – 2-3 lanes<br>7:00– 7:45pm – 4 lanes | <b>Lap Swim</b><br>7:00 – 8:00am – 4 lanes<br>8:00– 11:00am -2-3 lanes<br>11:00– 4:00pm – 3-4 lanes<br>4:00– 7:00pm – 2-3 lanes<br>7:00 – 7:45pm – 4 lanes | <b>Lap Swim</b><br>7:00 – 9:00am – 4 lanes<br>9:00– 11:00am -2-3 lanes<br>11:00– 4:00pm – 3-4 lanes<br>4:00 – 7:00pm – 2-3 lanes<br>7:00pm – 7:45pm – 4 lanes | <b>Lap Swim</b><br>7:00– 8:00am – 4 lanes<br>8:00– 11:00am -2-3 lanes<br>11:00– 4:00pm – 2 lanes<br><b>Half the pool is closed for camp between 1pm to 3pm</b><br>4:00– 7:00pm – 2-3 lanes<br>7:00– 7:45pm – 4 lanes | <b>Lap Swim</b><br>7:00–9:00am– 4 lanes<br>9:00 – 11:00am – 2-3 lanes<br>11:00–7:45pm – 4 lanes | <b>Lap Swim</b><br>9am – 11:00am – 5 lanes<br>11:00 – 2:00pm – 4 lanes |
| <b>Water Walking</b><br>7:00am – 9:00am<br>11:00am – 6:00pm<br>7:00pm - 7:45pm  | <b>Water Walking</b><br>7:00am – 8:00am<br>11:00am – 6:40pm  | <b>Water Walking</b><br>7:00am – 9:00am<br>11:00am – 6:00pm<br>7:00pm - 7:45pm  | <b>Water Walking</b><br>7:00am – 8:00am<br>11:00am – 1:00pm<br>3:00pm – 7:45pm   | <b>Water Walking</b><br>7:00am – 8:00am<br>11:00am –7:45pm                                      | <b>Water Walking</b><br>9:00am – 2:00p                                 |
| <b>Family Swim</b><br>12:00pm – 6:00pm<br>7:00pm - 7:45pm   | <b>Family Swim</b><br>11:00am – 6:40pm   | <b>Family Swim</b><br>12:00pm – 6:00pm<br>7:00pm - 7:45pm   | <b>Family Swim</b><br>12:00pm – 1:00pm<br><b>Half the pool is closed for camp between 1pm to 3pm</b><br>7:00pm - 7:45pm  | <b>Family Swim</b><br>12:00pm – 7:45pm  | <b>Family Swim</b><br>11:00a – 2:00pm                                  |
| <b>Aqua fit</b><br>11:00–11:50am – Aqua Aerobics<br>6:15 – 7:05 pm – Aqua Aerobics  | <b>Aqua fit</b><br>8:00am – 8:50am – Aquafit<br>9:00 – 9:50am – Arthritis<br>10:00–10:50a Aquafit  | <b>Aqua fit</b><br>6:15 – 7:05pm – Aqua Arthritis   | <b>Aqua fit</b><br>8:00am – 8:50am – Aqua Aerobics<br>9:00am – 9:50am – Aquafit<br>10:00am - 10:50am – Aqua Arthritis  | <b>Aqua fit</b><br>11:00 – 1:50am – Aqua Aerobics   | <b>Aqua fit</b>  |

Last modified: May 29th

**NOTE: IMPORTANT POOL CLOSURE DATES FOR CAMP**

**June 22<sup>nd</sup> – June 26<sup>th</sup> – pool closed 9am to 12pm**

**July 13<sup>th</sup> – July 17<sup>th</sup> – pool closed 9am to 12pm**

**Aug 10<sup>th</sup> - Aug 14<sup>th</sup> – pool closed 9am to 12pm**

## POOL ETIQUETTE

- 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