



## Verdugo Hills Family YMCA Pool FALL Schedule (Effective 08/19/2019 – 09/06/2019)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Lap Swim</b> 11am-12:30pm—3 lanes 12:30pm-4:30pm-4 lanes</p>	<p><b>Lap Swim</b> 5:30am-9:00am—5 lanes 9:00am -3:30pm - 3 lanes 3:30pm – 4:15p – 3 lane 4:15pm – 5:00pm -2 lanes 5:00pm-5:45pm - NONE 5:45pm – 8:10pm – 2 lanes 8:10pm – 9:30pm – 4 lanes</p>	<p><b>Lap Swim</b> 5:30am-8:30am—5lanes 8:30am-9:00am—4 lanes 9:00a-3:30 pm —3 lanes 3:30pm – 5:00pm – 3 lane 5:00pm-5:45pm - NONE 5:45pm – 8:10p -2 lanes 8:10pm-9:30pm—4 lanes</p>	<p><b>Lap Swim</b> 5:30am-8:30am—5 lanes 8:30a -3:30pm - 3 lanes 3:30pm – 4:15p – 3 lane 4:15pm – 5:00pm -2 lanes 5:00pm-5:45pm - NONE 5:45pm – 8:10pm - 2 lanes 8:10pm – 9:30pm - 4 lanes</p>	<p><b>Lap Swim</b> 5:30am-8:30am—5 lanes 8:30am-9:00am—4 lanes 9:00a-3:30pm —3 lanes 3:30pm – 5:00pm – 3 lane 5:00pm-5:45pm - NONE 5:45pm – 8:10p -2 lanes 8:10pm-9:30pm—4 lanes</p>	<p><b>Lap Swim</b> 5:30am-9:00am—5 lanes 9:00am-4:15pm—3 lanes 4:15p – 5:45pm – 2 lanes 5:45pm-9:30pm—4 lanes</p>	<p><b>Lap Swim</b> 7:00am-8:15am—5 lanes 8:15am-8:55am—4 lanes 8:55am-12:00pm – 1 lane 12:00pm-6:30pm-4 lanes</p>
<p><b>Water Walking</b> 11:00am-12:30pm-NONE 12:30pm-4:30pm</p>	<p><b>Water Walking</b> 5:30am-9:00am—1 lane 9:00am-10:00am—NONE 11:00am-1:00pm 1:00pm-2:00pm—NONE 2:00pm-3:45pm 3:45pm-8:15pm—NONE 8:15pm-9:30pm</p>	<p><b>Water Walking</b> 5:30am-8:30am—1 lane 8:30am-10:00am—NONE 10:00am-11:00am 11:00am – 1:30pm - NONE 1:30pm-3:45pm 3:45pm-8:15pm—None 8:15pm-9:30pm</p>	<p><b>Water Walking</b> 5:30am-9:00am—1 lane 9:00am-10:00am—NONE 10:00am-2:00pm—NONE 2:00pm-3:45pm 3:45pm-8:15pm—NONE 8:15pm-9:30pm</p>	<p><b>Water Walking</b> 5:30am-9:00am—1 lane 6:00am-10:00am—NONE 10:00am-11:00am 11:00am-1:00pm—NONE 1:30pm-3:45pm 3:45pm-8:15pm—NONE 8:15pm-9:30pm</p>	<p><b>Water Walking</b> 5:30am-9:00am—1 lane 9:00am-10am—NONE 10:00am-11:00am 11am-12:00pm—NONE 12:00pm-3:30pm 3:30pm-6:00pm—NONE 6:00pm-7:00pm 7:00pm – 8:00pm – NONE 8:00pm – 9:30pm</p>	<p><b>Water Walking</b> 7:00am-8:55am—1 lane 8:55am-12pm—NONE 12pm-6:30pm</p>
<p><b>Recreational Swim</b> 11:00am-12:30pm-NONE 12:30pm-4:30pm—2lanes</p>	<p><b>Recreational Swim</b> 5:30am-2:00pm—NONE 2:00pm-4:15pm—3 lanes 4:15pm-8:10pm—NONE 8:10pm – 9:30pm – 3 lanes</p>	<p><b>Recreational Swim</b> 5:30am-1:30pm—NONE 1:30pm-5:00pm—3 lanes 5:00pm-8:10pm—NONE 8:10pm – 9:30pm – 3 lanes</p>	<p><b>Recreational Swim</b> 5:30am-2:00pm—NONE 2:00pm-5:45pm—3 lanes 5:45pm-8:10pm—NONE 8:10pm – 9:30pm – 3 lanes</p>	<p><b>Recreational Swim</b> 5:30am-1:00pm—NONE 1:30pm- 5:45pm—3 lanes 5:45pm-8:10pm—NONE 8:10pm – 9:30pm – 3 lanes</p>	<p><b>Recreational Swim</b> 5:30am-12:00pm—NONE 12:00pm-6:00pm-2 lanes 6:00pm-9:30pm—2 lanes</p>	<p><b>Recreational Swim</b> 7:00am-12:00pm—NONE 12:00pm-60pm-2 lanes</p>

\*\*\*Please note: Recreational swim time may be subject to change after September