



## Verdugo Hills Family YMCA Pool Schedule – January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 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	<b>Lap Swim</b> 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	<b>Lap Swim</b> 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	<b>Lap Swim</b> 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	<b>Lap Swim</b> 7:00–9:00am– 4 lanes 9:00 – 11:00am – 2-3 lanes 11:00–7:45pm – 4 lanes	<b>Lap Swim</b> 9am – 11:00am – 5 lanes 11:00 – 2:00pm – 4 lanes
<b>Water Walking</b> 7:00am – 9:00am 11:00am – 6:00pm 7:00pm - 7:45pm	<b>Water Walking</b> 7:00am – 8:00am 11:00am – 6:00pm 7:00pm - 7:45pm	<b>Water Walking</b> 7:00am – 9:00am 11:00am – 6:00pm 7:00pm - 7:45pm	<b>Water Walking</b> 7:00am – 8:00am 11:00am – 6:00pm 7:00pm - 7:45pm	<b>Water Walking</b> 7:00am – 8:00am 11:00am –7:45pm	<b>Water Walking</b> 9:00am – 2:00p
<b>Family Swim</b> 12:00pm – 6:00pm 7:00pm - 7:45pm	<b>Family Swim</b> 11:00am – 6:00pm 7:00pm - 7:45pm	<b>Family Swim</b> 12:00pm – 6:00pm 7:00pm - 7:45pm	<b>Family Swim</b> 12:00pm – 6:00pm 7:00pm - 7:45pm	<b>Family Swim</b> 12:00pm – 7:45pm	<b>Family Swim</b> 11:00a – 2:00pm
<b>Aqua fit</b> 9:00am – 9:50am – Aquafit 10:00am - 10:50a – Aqua Arthritis 6:15 – 7:05 pm – Aqua Aerobics	<b>Aqua fit</b> 8:00am – 8:50am – Aquafit 9:00am - 9:50am – Arthritis 10:00–10:50a Aquafit	<b>Aqua fit</b> 9:00am – 9:50am – Aquafit 10:00am - 10:50am – Aqua Arthritis 6:15pm – 7:05pm – Aqua Arth	<b>Aqua fit</b> 8:00am – 8:50am – Aqua Aerobics 9:00am – 9:50am – Aquafit 10:00am - 10:50am – Aqua Arthritis	<b>Aqua fit</b> To be added soon (In the meantime, please refer to CCY aquafit schedule for class options)	<b>Aqua fit</b>

## POOL ETTIQUETTE

- 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

