



Verdugo Hills Family YMCA Pool Schedule – December

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Lap Swim 7:00am – 8:00am – 4 lanes 8:00am – 11:00am -2-3 lanes 11:00am– 4:00pm – 3-4 lanes 4:00pm – 7:00pm – 2-3 lanes 7:00pm – 7:45pm – 4 lanes</p>	<p>Lap Swim 7:00am – 8:00am – 4 lanes 8:00am – 11:00am -2-3 lanes 11:00am– 4:00pm – 3-4 lanes 4:00pm – 7:00pm – 2-3 lanes 7:00pm – 7:45pm – 4 lanes</p>	<p>Lap Swim 7:00am – 8:00am – 4 lanes 8:00am – 11:00am -2-3 lanes 11:00am– 4:00pm – 3-4 lanes 4:00pm – 7:00pm – 2-3 lanes 7:00pm – 7:45pm – 4 lanes</p>	<p>Lap Swim 7:00am – 8:00am – 4 lanes 8:00am – 11:00am -2-3 lanes 11:00am– 4:00pm – 3-4 lanes 4:00pm – 7:00pm – 2-3 lanes 7:00pm – 7:45pm – 4 lanes</p>	<p>Lap Swim 7:00am –8:00am– 4 lanes 8:00am – 11:00am – 2-3 lanes 11:00am–7:45pm – 4 lanes</p>
<p>Water Walking 7:00am – 8:00am 11:00am – 6:00pm 7:00pm - 7:45pm</p>	<p>Water Walking 7:00am – 8:00am 11:00am – 6:00pm 7:00pm - 7:45pm</p>	<p>Water Walking 7:00am – 8:00am 11:00am – 6:00pm 7:00pm - 7:45pm</p>	<p>Water Walking 7:00am – 8:00am 11:00am – 6:00pm 7:00pm - 7:45pm</p>	<p>Water Walking 7:00am – 8:00am 11:00am –7:45pm</p>
<p>Family Swim 12:00pm – 6:00pm 7:00pm - 7:45pm</p>	<p>Family Swim 11:00am – 6:00pm 7:00pm - 7:45pm</p>	<p>Family Swim 12:00pm – 6:00pm 7:00pm - 7:45pm</p>	<p>Family Swim 12:00pm – 6:00pm 7:00pm - 7:45pm</p>	<p>Family Swim 12:00pm – 7:45pm</p>
<p>Aqua fit 8:00am – 8:50am – aqua aerobics 9:00am – 9:50am – core and cardio 10:00am - 10:50am-arthritiis 6:15 – 7:05 pm – Aqua Aerobics</p>	<p>Aqua fit 8:00am – 8:50am – Aqua Aerobics 9:00am - 9:50am - Arthritis 10:00a –10:50am Aqua Aerobics 6:15 – 7:05 pm – Boot Camp</p>	<p>Aqua fit 8:00am – 8:50am – Aqua Aerobics 9:00am – 9:50am – Core and Cardio 10:00am - 10:50am - Arthritis 6:15 – 7:05 pm – Boot Camp</p>	<p>Aqua fit 8:00am – 8:50am – Aqua Aerobics 9:00am – 9:50am – Core and Cardio 10:00am - 10:50am - Arthritis 6:15 – 7:05 pm – Boot Camp</p>	<p>Aqua fit 8:00am – 8:50am – Aqua Aerobics 9:00am – 9:50am – Core and Cardio 10:00am - 10:50am - Arthritis</p>

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

