 

Verdugo Hills Family YMCA Pool Schedule

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| --- | --- | --- | --- | --- |
| **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **Lap Swim**  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 | **Lap Swim**  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 – 7:00pm – 2 lanes  7:00pm – 7:45pm – 5 lanes | **Lap Swim**  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 | **Lap Swim**  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 – 7:00pm – 2 lanes  7:00pm – 7:45pm – 5 lanes | **Lap Swim**  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 – 7:00pm – 2 lanes  7:00pm – 7:45pm – 5 lanes |
| **Water Walking**  7:00am – 9:00am  11:00am – 4:00pm  7:00pm – 7:45pm | **Water Walking**  7:00am – 9:00am  11:00am – 4:00pm  7:00pm – 7:45pm | **Water Walking**  7:00am – 1:00pm  2:00pm – 4:00pm  7:00pm – 7:45pm | **Water Walking**  7:00am – 9:00am  11:00am – 4:00pm  7:00pm – 7:45pm | **Water Walking**  7:00am – 9:00am  11:00am – 7:45pm |
| **Family Swim**  **N/A** | **Family Swim**  2:00 – 2:50pm  3:00 – 3:50pm  **(Limited to 10 people)** | **Family Swim**  **N/A** | **Family Swim**  2:00 – 2:50pm  3:00 – 3:50pm  **(Limited to 10 people)** | **Family Swim**  4:00pm – 4:50pm  5:00pm – 5:50pm  6:00pm – 6:45pm  **(Limited to 10 people)** |

**Lap Swim Limited Space, First Come First Serve Effective: January 5, 2023**

**LAP LANE ETTIQUITTE**

* 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