



We build strong kids, strong families, strong communities.

LAP POOL SCHEDULE WINTER 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 11:00 - 4:30 pm(3 lanes)	Lap Swim 5:30 - 9:00 am(6 lanes) 9:00 - 3:30 pm(3 lanes) 6:00 - 7:30 pm(1 lane) 7:30 - 9:30 pm(3 lanes)	Lap Swim 5:30 - 8:30 am(6 lanes) 8:30 - 3:30 pm(3 lanes) 6:00 - 7:30 pm(1 lane) 7:30 - 9:30 pm(3 lanes)	Lap Swim 5:30 - 9:00 am(6 lanes) 9:00 - 3:30 pm(3 lanes) 6:00 - 7:30 pm(1 lane) 7:30 - 9:30 pm(3 lanes)	Lap Swim 5:30 - 8:30 am(6 lanes) 8:30 - 3:30 pm(3 lanes) 6:00 - 7:30 pm(1 lane) 7:30 - 9:30 pm(3 lanes)	Lap Swim 5:30 - 8:00 am(6 lanes) 8:00 - 9:30 pm(3 lanes)	Lap Swim 7:00 - 8:15 am(6 lanes) 8:15 - 10:30 am(2 lanes) 10:30 - 6:30 pm(3 lanes)
Water Fitness/Water Walking 11:00 -12:00 pm 12:00 - 12:30 pm	Water Fitness/Water Walking 9:00 -10:00 am 11:00 -12:00 pm 1:00 - 2:00 pm AFYAP	Water Fitness/Water Walking 8:30 - 9:00 am 9:00 -10:00 am 11:00 -12:00 pm 1:00 - 2:00 pm AFYAP	Water Fitness/Water Walking 9:00 -10:00 am 11:00 -12:00 pm 1:00 - 2:00 pm AFYAP	Water Fitness/Water Walking 8:30 - 9:00 am 9:00 -10:00 am 11:00 -12:00 pm 1:00 - 2:00 pm AFYAP	Water Fitness/Water Walking 8:00 - 9:00 am 9:00 -10:00 am 11:00 -12:00 pm 1:00 - 2:00 pm AFYAP	Water Fitness/Water Walking
Recreational Swim 12:30 - 4:30 pm	Recreational Swim 2:00 - 3:30 pm 7:30 - 9:30 pm	Recreational Swim 2:00 - 3:30 pm 7:30 - 9:30 pm	Recreational Swim 2:00 - 3:30 pm 7:30 - 9:30 pm	Recreational Swim 2:00 - 3:30 pm 7:30 - 9:30 pm	Recreational Swim 2:00 - 9:30 pm	Recreational Swim 10:30 - 6:30 pm
	Swim Lessons 6:00 - 7:30 pm	Swim Lessons 6:00 - 7:30 pm	Swim Lessons 6:00 - 7:30 pm	Swim Lessons 9:00 -11:00 am Preschool 6:00 - 7:30 pm	Swim Lessons 9:00 -11:00 am Preschool	Swim Lessons 8:15 -10:30 am
	Swim Team 3:30 - 6:00 pm	Swim Team 3:30 - 6:00 pm	Swim Team 3:30 - 6:00 pm	Swim Team 3:30 - 6:00 pm		

LAP LANE ETIQUETTE

- Choose from slow, moderate, or fast lane.
- Notify all swimmers before entering lane and enter from the right side of the shallow end of the lane.
- Keep clear from other swimmers and stop only at the ends of the pool.
- Some strokes are slower than others. As a courtesy, please consider this when choosing your lane.
- No diving.
- Lifeguard has the final authority on all lap swim rules and etiquette.
- One to two swimmers in a lane may split the lane in half.
- The center lane is for passing only. Please return to the correct side immediately or pass at turn, if crowded.
- Two or more swimmers in a lane must swim counter clockwise staying to the right of the lane.

POOL ETIQUETTE

- Take a shower before entering the pool.
- Parents need to be off the deck at all times.
- Please limit conversation with the lifeguards.
- Do not allow children in the pool until the teacher arrives.
- All children need to report to the lifeguard on duty before entering the pool during recreational swim to take a swim test.

Verdugo Hills Family YMCA
 6840 Foothill Blvd.
 Tujunga, CA 91042
 (818) 352.3255
www.ymcafoothills.org

Time	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
8:00 am to 9:00 am		Water Stretch 8:30 - 9:00 am		Water Stretch 8:30 - 9:00 am			
9:00 am to 10:00 am	Advanced Aqua Fit	Advanced Aqua Fit	Advanced Aqua Fit	Silver Splash	Advanced Aqua Fit		
11:00 am to 12:00 pm	Active Older Adult Aqua Fit (E)	Active Older Adult Aqua Fit (E)	Active Older Adult Aqua Fit (E)	Active Older Adult Aqua Fit (E)	Active Older Adult Aqua Fit (E)		Aqua Fit
1:00 pm to 2:00 pm	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)	AFYAP (Twinges) (E)		Watoga 12:00-12:30
6:00 pm to 7:00 pm		Adv. Aqua Fit 6:30 - 7:30 pm		Adv. Aqua Fit 6:30 - 7:30 pm			

Water Fitness Class Descriptions

Silver Splash

Beginner level shallow water exercise for strengthening, using special water exercise equipment.

Lap Swim

Swimming lengths using various strokes and various speeds. When sharing a lane, swimmers will circle if three or more are in a lane. Lanes are marked slow, medium and fast — choose the appropriate lane for your ability.

AFYAP (Twinges in the Hinges)

Beginner level shallow water exercise program designed for people suffering from arthritis and related diseases. Gentle movements concentrating on range of motion and flexibility are done in the warm water teaching pool.

Active Older Adult Aqua Fit

Intermediate water exercise program with full body rhythmic exercises conducted in shallow water designed to provide overall flexibility, strength and cardiovascular benefits.

Advanced Aqua Fit

Advanced shallow water exercise program designed to strengthen, firm and sculpt muscles by using the resistance of the water and/or water exercise equipment and to develop cardiovascular endurance. Includes floatation exercises in deep water.

Watoga

An aquatic yoga class that strengthens and stretches the body. Yoga poses are adapted for the water in a continuum of flowing and static poses while breathing deeply.

Water Stretch

Muscle conditioning while simultaneously strengthening and stretching elongated muscles. Exercises are performed in shallow and deep water.

Wild Water Workout

High intensity aerobics, water boot camp, water kickboxing, jump training, strength building with equipment.

(E) = Suitable for Entry Level Participants