



YMCA of Glendale  
Main Pool schedule May 2026

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday  | Saturday   | Sunday  |
|--|--|--|---|---|--|---|
| Lap swim<br>7:15am-9:45am<br>4-5 lanes<br><i>W. Walking</i><br>7:15-9:45am<br>1-2 lane | Lap swim<br>7:15am-9:45am<br>4-5 lanes<br><i>W. Walking</i><br>7:15-9:45am<br>1-2 lane | Lap swim<br>7:15am-9:45am<br>4-5 lanes<br><i>W. Walking</i><br>7:15-9:45am<br>1-2 lane | Lap swim<br>7:15am-9:45am<br>4-5 lanes<br><i>W. Walking</i><br>7:15-9:45am<br>1-2 lane          | Lap swim<br>7:15am-9:45am<br>4-5 lanes<br><i>W. Walking</i><br>7:15-9:45am<br>1-2 lane          | Lap swim<br>8:15am-9:45am<br>3-4 lanes<br><i>W. Walking</i><br>8:15am-9:45am<br>1-2 lane | Lap Swim<br><br>10:00am-1:00pm<br><br>3-4 Lanes<br><br><i>W. Walking</i><br><br>1-2 lanes |
| Closed 9:45-10:00  | Closed 9:45-10:00  | Closed 9:45-10:00  | Closed 9:45-10:00   | Closed 9:45-10:00   | Closed 9:45-10:00  |   |
| Lap swim<br>10:00am-12:30pm<br>3-4 lanes<br><i>W. Walking</i><br>1-2 lanes             | Lap swim<br>10:00am-12:30pm<br>3 lanes<br><i>W. Walking</i><br>1-2 lanes               | Lap swim<br>10:00am-12:30pm<br>3-4 lanes<br><i>W. Walking</i><br>2-3 lanes             | Lap swim<br>10:00am-12:30pm<br>3 lanes<br><i>W. Walking</i><br>2-3 lanes                        | Lap swim<br>10:00am-12:30pm<br>3-4 lanes<br><i>W. Walking</i><br>2-3 lanes                      | Lap swim<br>10:00am-11:45am<br>3-4 lanes<br><i>W. Walking</i><br>1-2 lanes               |   |
| Lap Swim<br>1:00pm-3:00pm<br>4-5 lanes<br><i>W. Walking</i><br>1-2 lanes               | Lap Swim<br>1:00pm-3:00pm<br>4-5 lanes<br><i>W. Walking</i><br>1-2 lanes               | Lap Swim<br>1:00pm-3:00pm<br>4-5 lanes<br><i>W. Walking</i><br>1-2 lanes               | Lap Swim<br>1:00pm-3:00pm<br>2-3 lanes<br><i>W. Walking</i><br>1-2 lanes<br>Camp swim 1-2 lanes | Lap Swim<br>1:00pm-3:00pm<br>2-3 lanes<br><i>W. Walking</i><br>1-2 lanes<br>Camp swim 1-2 lanes | Lap Swim<br>1:00pm-3:45pm<br>4-5 lanes<br><i>W. Walking</i><br>1-2 lanes                 |   |
| Lap swim<br>8:00pm-9:25pm  | Lap swim<br>8:00pm-9:25pm  | Lap swim<br>8:00pm-9:25pm  | Lap swim<br>8:00pm-9:25pm   | Family swim<br>4:15pm-5:45pm<br>Lap swim<br>6:00pm-7:00pm<br>8:00pm-9:25pm                      | Closed   |   |

Lap swim is maximum **50** minutes once per day for adult swimmers age 18 and up.  
Swim team level swimmers age 17 may swim laps under special circumstances. They must get approval from aquatics director in advance.  
Youth willing to practice laps may sign up for advance swim lessons and practice laps under instruction. (Check the swim lesson schedule)

If changing in cabanas, please exit the pool **15** minutes prior to closing time.



## Lap Swimming Rules

- Lap swim rules may be altered at the discretion of the lifeguards at any time. All general pool rules apply to lap swimmers.
- Check the lap swim schedule before you come to the pool.
- Lap lanes are available for Adult swimmers\* who are able to perform a proper stroke and are able to tread water for one minute in the deep end.
- Choose the lane that matches your speed. (Slow, Medium or Fast)
- Notify other swimmers before entering the lane.
- Always enter feet first slide in entry from the shallow end of the pool.
- 2 Swimmers must split the lane. 3 and more swimmers must swim in a counter-clockwise circle pattern.
- Lap lanes can support up to 4 adult swimmers of same speed, unless otherwise is instructed by the lifeguard. (You must wait until the lane becomes available).
- Choose a stroke that fits in one side of the lane only. You may swim any stroke, unless your stroke interfere other swimmers in the lane.(The lifeguard may ask you to change your stroke for safety of others)
- No jumping and diving is allowed for lap swimmers.
- No stopping, walking, exercising, socializing in the lap lanes, otherwise you will be asked to move to water walking lane immediately.
- No underwater lap swimming is allowed.
- Using swim fins and kickboards, and hand paddles are at the discretion of the lifeguards.
- No noodles, water weights, or any kind of inflatables in the lap lane.
- Do not touch the lane lines, and do not hang on, or climb on them.
- There is absolutely no spitting.
- Proper swim attire is required. (No see thorough or lose straps swim suit, undergarments)
- Hair must be tight back or use a swim cap.
- Lap swim is limited to 30-50 minutes depending on crowd. Limit your lap swimming time. Attempt to exit the pool 5 minutes prior to closing time to give yourself enough time to clean up, and walk to exits.
- Private lessons may be scheduled during lap swimming all day.)
- During morning lap swim time, one or more lanes are designated for water walkers.
- Be aware of emergency drills during lap swim time. All swimmers must evacuate the pool and follow the lifeguard's instruction.
- In case of an emergency evacuate the pool as soon as possible and follow lifeguards' instructions.

\*Lap swimming for swim team level swimmers: