



**YMCA of Glendale**

Adults Lap swim. Water Walking, Family Swim and fitness schedule. (Revised May 2023)

**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

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

Lap swim is 50 minutes, Once per day for Adult swimmers.



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## Lap Swimming Rules

Lap swim rules may be altered at the discretion of the lifeguards at any time

- 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.
  - 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.
  - All other general pool rules apply to lap swimmers.
- \*Lap swimming for swim team level swimmers:
- Swim team level swimmers ages 15-17 may swim laps under special circumstances. They must get approval from aquatics director in advance.