



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

Updated November 21

LAP SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a-8:45a 5 lanes	5:45a-8:45a 5 lanes	5:45a-8:45a 5 lanes	5:45a-8:45a 5 lanes	5:45a-8:45a 5 lanes	6:30a-8:30a 5 lanes	10:00a-10:30a 4-5 lanes
8:45a-9:00a POOL CLOSED	8:45a-9:00a POOL CLOSED	8:45a-9:00a POOL CLOSED	8:45a-9:00a POOL CLOSED	8:45a-9:00a POOL CLOSED	9:00a-4:00p 1 Lanes	10:30-12:00p 2-3 lanes
9:00a-2:00p 1-2 Lanes	9:00a-2:00p 1-2 Lanes	9:00a-2:00p 1-2 Lanes	9:00a-2:00p 1-2 Lanes	9:00a-2:00p 1-2 Lanes	4:00p-5:00p 5 lanes	12:00p-1:30pm 4-5 lanes
3:00p-7:00p 1 Lap Lanes 1 Walking Lane	3:00p-7:00p 1 Lap Lanes 1 Walking Lane	3:00p-7:00p 1 Lap Lanes 1 Walking Lane	3:00p-7:00p 1 Lap Lanes 1 Walking Lane	3:00p-7:00p 1 Lap Lanes 1 Walking Lane		
7:00p-8:00p POOL CLOSED SWIM TEAM PRACTICE	7:00p-8:00p POOL CLOSED SWIM TEAM PRACTICE	7:00p-8:00p POOL CLOSED SWIM TEAM PRACTICE	7:00p-8:00p POOL CLOSED SWIM TEAM PRACTICE	7:00p-8:00p POOL CLOSED SWIM TEAM PRACTICE		
8:00p-9:30p 3-4 lanes	8:00p-9:30p 3-4 lanes	8:00p-9:30p 2-3 lanes	8:00p-9:30p 3-4 lanes	8:00p-9:30p 3-4 lanes		

Water walking lane is combined with water fitness (No separate lanes)

WATER FITNESS CLASSES						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00a-9:55a Aqua Motion Karen	9:00a-9:55a Aqua Motion Irina	9:00a-9:55a Aqua Motion Karen	9:00a-9:55a Aqua Motion Irina	9:00a-9:55a Aqua Motion Karen		
10:00p-11:00a Aqua Fitness Doris	10:05a-11:00a Silver Sneakers Splash Cidinha	10:05a-11:00a Silver Sneakers Splash Cidinha	10:00a-11:00a Aqua Motion Cidinha	10:00p-11:00a Aqua Fitness Doris		
1:00p-2:00p AFAP Irina	11:15a-12:00p Deep Water Irina	1:00p-2:00p AFAP Irina	11:15a-12:00p Deep Water Irina	1:00p-2:00p AFAP Irina		
	8:30p-9:30p Aqua Burn Victoria		8:30p-9:30p Aqua Burn Victoria			

***Aqua motion Monday and Friday 10:00am-11:00am is temporarily removed. Will be back as soon as possible.**

OPEN SWIM/FAMILY SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		8:00p-9:00p		3:30p-5:00p	2:00p-4:00p	10:30a-12:00p

POOL RULES:

- Parents must be with children 15 or younger.
- Pool rules and regulations apply to all swim programs.
- Non-swimmers must wear a life vest provided by the YMCA of Glendale.
- Children under the age of 7 or non-swimmers, who are not able to stand in the shallow end of the pool, must be accompanied by an adult/guardian in the water within arm reach.
- Private swim lessons may be scheduled any time of the day.
- Emergency Drills may be scheduled any time. You must exit the pool and follow the lifeguard's instructions.