



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

LAP SWIM						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a-8:45a All Lanes	5:45a-8:45a All Lanes	5:45a-8:45a All Lanes	5:45a-8:45a All Lanes	5:45a-8:45a All Lanes	6:30a-9:00a All Lanes	10:00a-12:00p 2-3 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-2:00p 1 Lap Lane 1 Walking Lane	12:00p-1:30p All Lanes
9:00a-2:00p 2 Lanes 1 Walking Lane	9:00a-2:00p 2 Lanes 1 Walking Lane	9:00a-2:00p 2 Lanes 1 Walking Lane	9:00a-2:00p 2 Lanes 1 Walking Lane	9:00a-2:00p 2 Lanes 1 Walking Lane	4:00p-5:00p All Lanes	
3:00p-7:00p 1 Lap Lane 1 Walking Lane	3:00p-4:00p 2 Lap Lanes 1 Walking Lane	3:00p-4:00p 2 Lap Lanes 1 Walking Lane	3:00p-4:00p 2 Lap Lanes 1 Walking Lane	3:00p-4:00p 2 Lap Lanes 1 Walking Lane		
4:00p-7:00p 1 Lap Lane 1 Walking Lane	4:00p-7:00p 1 Lap Lane 1 Walking Lane	4:00p-7:00p 1 Lap Lane 1 Walking Lane	4:00p-7:00p 1 Lap Lane 1 Walking Lane	4:00p-7:00p 1 Lap Lane 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 All Lanes	8:00p-9:30p All Lanes	8:00p-9:30p All Lanes	8:00p-9:30p All Lanes	8:00p-9:30p All 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	11:00a-12:00p Full Body Victoria		
	8:00p-9:00p Aqua Burn Victoria		8:00p-9:00p Aqua Burn Victoria	1:00p-2:00p AFAP Irina		

*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 Main Pool		3:30p-5:00p Main Pool	2:00p-4:00p Main Pool	10:30a-12:00p Main Pool

POOL RULES:

- Parents must be with children 15 or younger in the water.
- 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 at all times.