



## Crescenta-Cañada Family YMCA Pool Schedule - November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim</b> 5:00am – 6:00am – 5 lanes 6:00am – 7:00am – 3 lanes 7:00am – 11:50am – 5 lanes 11:50am – 1:00pm – 3 lanes 1:00 pm – 3:50 pm – 4 lanes <b>3:50pm – 7:45pm – CLOSED</b> 7:45pm – 9:30pm – 3 lanes	<b>Lap Swim</b> 5:00am – 10:00am – 5 lanes 9:50am – 12:00p – 2 lanes 12:00pm – 3:50pm – 3 lanes <b>3:50pm – 7:00pm - CLOSED</b> 7:00pm – 9:30pm – 2 lanes	<b>Lap Swim</b> 5:00am – 6:00am – 5 lanes 6:00am – 7:00am – 3 lanes 7:00am – 10:00a – 5 lanes 9:50am –12:00p – 2 lanes 12:00pm – 3:50pm-3 lanes <b>3:50pm – 7:45pm – CLOSED</b> 7:45pm – 9:30pm – 3 lanes	<b>Lap Swim</b> 5:00am – 10:00am – 5 lanes 9:50am – 12:00p – 2 lanes 12:00pm – 3:50pm – 3 lanes <b>3:50pm – 7:00pm - CLOSED</b> 7:00pm – 9:30pm – 2 lanes	<b>Lap Swim</b> 5:00am – 6:00am – 5 lanes 6:00am – 9:00am – 5 lanes 8:50am – 10:00am – 3 lanes 10:00am –11:30a – 5 lanes 11:20am – 5:00pm – 3 lanes <b>5:00pm – 7:00pm - CLOSED</b> 7:00pm – 8:30pm – 3 lanes	<b>Lap Swim</b> 7:00am – 8:50am – 4 lanes <b>8:50am – 12:15pm - CLOSED</b> 12:15p – 6:30pm – 3 lanes
<b>Water Walking (lap Pool)</b> 5:00am – 12:00pm – 1 lane 1:00pm – 3:50PM – 1 lane <b>3:50pm – 8:30pm – CLOSED</b> 8:30pm – 9:30pm – 1 lane	<b>Water Walking (lap Pool)</b> 5:00am – 10:00am – 1 lane 12:00pm – 3:50PM – 1 lane <b>3:50pm – 8:30pm – CLOSED</b> 8:30pm – 9:30pm – 1 lane	<b>Water Walking (lap Pool)</b> 5:00am – 10:00am – 1 lane 12:00pm – 3:50PM – 1 lane <b>3:50pm – 8:30pm – CLOSED</b> 8:30pm – 9:30pm – 1 lane	<b>Water Walking (lap Pool)</b> 5:00am – 10:00am – 1 lane 12:00pm – 3:50PM – 1 lane <b>3:50pm – 8:30pm – CLOSED</b> 8:30pm – 9:30pm – 1 lane	<b>Water Walking (lap Pool)</b> 5:00am – 9:00am – 1 lane 10:00am – 11:30am – 1 lane 12:30pm – 2:00pm – 1 lane <b>2:00pm – 8:30pm - CLOSED</b>	<b>Water Walking (lap Pool)</b> 7:00am – 8:50am – 1 lane <b>8:50am – 12:15pm -CLOSED</b> 12:15pm – 6:30pm – 1 lane
<b>Small Pool Water Walking</b> 6:00am – 12:00pm	<b>Small Pool Water Walking and Parent/Toddler</b> 6:00am – 7:00am 9:00am – 12:00pm	<b>Small Pool Water Walking</b> 6:00am – 12:00pm	<b>Small Pool Water Walking and Parent/Toddler</b> 6:00am – 7:00am 9:00am – 12:00pm	<b>Small Pool Water Walking</b> 6:00am – 7:00am 9:00am – 12:00pm	<b>Small Pool Water Walking</b> 7:00am – 8:50am 12:30pm – 6:30pm
<b>Family Swim</b> 12p–1:50p-small pool (Limited space) 7:00 – 8:30p-Lap Pool	<b>Family Swim</b> 12 –1:50p-small pool (Limited space) 7:00–8:30p– Lap Pool	<b>Family Swim</b> 12–1:50p-small pool (Limited space) 7:00- 8:30p –Lap pool	<b>Family Swim</b> 12–1:50p-small pool (Limited space) 7:00–8:30p– Lap Pool	<b>Family Swim</b> 12 –4:50p-small pool (Limited space) 7:00p–8:30p-Lap Pool	<b>Family Swim</b> 12:30–6:30p – lap pool
<b>Aqua Fit</b> 9:00 9:50a–Arthritis 10:30–11:20a – Arthritis 12 –12:50p – Deep Water	<b>Aqua Fit</b> 10am – 10:50a – Shallow 11a –11:50a–Deep Water	<b>Aqua Fit</b> 10am –10:50a – Shallow 11a-11:50a–Deep Water	<b>Aqua Fit</b> 10am –10:50a – Shallow 11a-11:50a–Deep Water	<b>Aqua Fit</b> 9a – 9:50a – Shallow 10:30–11:20a – Arthritis 11:30-12:20p –Deep	<b>Aqua Fit</b>

Lap Swim Limited Space, First Come First Serve

– Effective November 1st

**Hot tub will be available for all hours of operation – Weekly maintenance is done after hours on Wednesdays**

## LAP LANE ETTIQUETTE

- Lap swimming is for proficient swimmers, **AGES 15 and over**, who can continuously swim the lap lanes. Those younger than the age of 15 must receive lifeguard approval.
- Swimmers are not permitted to swim repeated lengths of the pool underwater or swim along the bottom of the pool.
- Choose from slow, moderate or fast lanes – lifeguards may move you due to speed of the swimmers in your lane.
- Notify all swimmers before entering the lane.
- Enter from the right side into the shallow side of the pool.
- Two swimmers in a lane may split the lane in half.
- 3 swimmers in a lane must swim in a counterclockwise circle.
- Some strokes are slow. Please consider this in fast lanes or on crowded days
- Use the center of the lane for passing or at turn if lane is crowded.
- Lifeguard has final authority on all lap swim rules and etiquette.

## RULES OF WATER WALKING

- Water Walking is meant for members that need to do other exercises in the water besides swimming laps. This could include walking or physical therapy exercises.
- The deep water may also be used for exercise as well.
- Lap swimming is not permitted.
- Kids and Family swim is not permitted.
- Equipment may be used only if it is to aid exercise.