



## Crescenta-Cañada Family YMCA Pool Schedule – February

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

Lap Swim Limited Space, First Come First Serve

– Last updated Jan 31

**Hot tub will be closed Monday and Thursday 12:00pm to 3:50pm for weekly maintenance**

## 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.