



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CRESCENTA VALLEY FAMILY YMCA – SEPTEMBER – 3931 Lowell Ave. La Crescenta, 91214

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/Water Walking 7:00am – 7:50am 10:10am – 7:00pm	Lap Swim/Water walking 7:00am – 7:50am 9:00am – 10:00am 4:00pm – 7:00pm	Lap Swim/Water Walking 7:00am – 7:50am 9:00am – 7:00pm	Lap Swim/Water Walking 7:00am – 7:50am 9:00am – 7:00pm	Lap Swim/Water Walking 7:00am – 7:50am 10:10am – 7:00pm	Lap Swim 8:00AM – 3:30pm
FAMILY SWIM 12:00PM – 7:00PM	FAMILY SWIM 4:00PM – 6:30PM – Half of family swim area available 6:30pm - 7:00PM	FAMILY SWIM 12:00PM – 7:00PM	FAMILY SWIM 12:00PM – 4:00PM 4:00PM – 6:30PM – Half of family swim area available 6:30PM - 7:00PM	FAMILY SWIM 12:00PM – 7:00PM	FAMILY SWIM 10:00AM – 3:30PM
WATER FITNESS 8am -8:50am 9:15am – 10:05am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am 9:15am – 10:05am	

NOTE: IMPORTANT CLOSURE DATES

Wednesday, Sept 2nd – Pool closed 4pm to 7pm

Modified Last: August 27th, 2026

LAP LANE ETIQUETTE

- Lap swimming is for proficient swimmers who can continuously swim the lap lanes
- 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
- Notify all swimmers before entering the lane
- Enter from the right side in the shallow side of the pool
- Two swimmers in a lane may split the lane in half
- More than 2 swimmers in a lane must swim in a counter-clockwise 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

FAMILY SWIM RULES

- Children 7 and younger must have a parent or guardian in the same pool with them at all times
- Children ages 8 to 14 must have a parent or guardian present at least on the pool deck at all times
- Children under the age of 14 that would like to use the deep end of the pool, must pass a swim test given by the lifeguard on duty (swim test includes 2 lengths of proficient freestyle)
- Only Coast Guard approved life jackets are permitted (This cannot replace adult supervision) All other flotation devices will not be allowed
- Infants and children who are not potty trained must have a swim diaper
- Parents with children under the age of 5 should be within arm's reach at all times
- Diving and jumping are not permitted
- Family swim approved toys only (soft and non-hazardous, do not obstruct lifeguard's view, don't create a safety risk or disturb other swimmers)
- Horseplay and other activities that could take away from a lifeguard's ability to watch the pool in its entirety are strictly prohibited
- Breath holding activities are strictly prohibited
- Exercise equipment is for exercise purposes and water therapy only
- Lifeguards must keep in mind the maximum occupancy of the pools. Family swim patrons may be limited