



CRESCENTA VALLEY FAMILY YMCA - SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/Water Walking 6:00am – 7:45am 10:00am – 3:30pm 6:15pm - 7:30pm	Lap Swim/Water walking 6:00am – 7:45am 10:00am – 7:30pm	Lap Swim/Water Walking 6:00am – 7:45am 10:00am – 3:30pm 6:15pm - 7:30pm	Lap Swim/Water Walking 6:00am – 7:45am 10:00am – 7:30pm	Lap Swim/Water Walking 6:00am – 7:45am 10:00am – 7:30pm	Lap Swim 8:00AM – 3:45pm
FAMILY SWIM 4:00PM – 7:30PM	FAMILY SWIM 4:00PM – 7:30PM	FAMILY SWIM 4:00PM – 7:30PM	FAMILY SWIM 4:00PM – 7:30PM	FAMILY SWIM 4:00PM – 7:30PM	FAMILY SWIM 12:15PM – 3:45PM
WATER FITNESS 8am -8:50am 9am – 9:50am	WATER FITNESS 8am -8:50am 9am – 9:50am	WATER FITNESS 8am -8:50am 9am – 9:50am	WATER FITNESS 8am -8:50am 9am – 9:50am	WATER FITNESS 8am -8:50am 9am – 9:50am	

Last Modified: Aug 30

LAP LANE ETTIQUETTE

- 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