



## CRESCENTA VALLEY FAMILY YMCA – April 29<sup>th</sup> to May 11<sup>th</sup>

| MONDAY  | TUESDAY   | WEDNESDAY                                       | THURSDAY  | FRIDAY  | SATURDAY                        |
|---|---|---|---|---|---------------------------------|
| Lap Swim/Water Walking<br>6:00am – 7:30pm       | Lap Swim/Water walking<br>6:00am – 7:30pm       | Lap Swim/Water Walking<br>6:00am – 7:30pm       | Lap Swim/Water Walking<br>6:00am – 7:30pm       | Lap Swim/Water Walking<br>6:00am – 7:30pm       | Lap Swim<br>8:00AM – 3:45pm     |
| FAMILY SWIM<br>2:00PM – 7:30PM                  | FAMILY SWIM<br>2:00PM – 7:30PM                  | FAMILY SWIM<br>2:00PM – 7:30PM                  | FAMILY SWIM<br>2:00PM – 7:30PM                  | FAMILY SWIM<br>2:00PM – 7:30PM                  | FAMILY SWIM<br>12:15PM – 3:45PM |
| WATER FITNESS<br>Starts the week of<br>May 20th | WATER FITNESS<br>Starts the week of<br>May 20th | WATER FITNESS<br>Starts the week of May<br>20th | WATER FITNESS<br>Starts the week of<br>May 20th | WATER FITNESS<br>Starts the week of May<br>20th |                                 |

Last Modified: April 29, 2024

**Note: CVY will be closed from May 13<sup>th</sup> to May 18<sup>th</sup>. All aquatics activities will resume May 20<sup>th</sup>.**

## 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

