



CRESCENTA VALLEY FAMILY YMCA – April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/Water Walking 6:00 – 9:00AM 9:00AM-11:00AM - CLOSED 11:00AM – 3:50PM 4:00PM – 7:45PM - CLOSED	Lap Swim/Water walking 6:00 – 9:00AM 9:00AM-11:00AM - CLOSED 11:00AM – 3:50PM 4:00PM – 7:45PM - CLOSED	Lap Swim/Water Walking 6:00 – 9:00AM 9:00AM-11:00AM - CLOSED 11:00AM – 3:50PM 4:00PM – 7:45PM - CLOSED	Lap Swim/Water Walking 6:00 – 9:00AM 9:00AM-11:00AM - CLOSED 11:00AM – 3:50PM 4:00PM – 7:45PM - CLOSED	Lap Swim/Water Walking 6:00AM -5:00PM	Lap Swim 8:00AM – 8:50am 9:00AM – 12:15PM -CLOSED 12:15 – 3:45pm
FAMILY SWIM 2:00PM – 4:00PM	FAMILY SWIM 2:00PM – 4:00PM	FAMILY SWIM 2:00PM – 4:00PM	FAMILY SWIM 2:00PM – 4:00PM	FAMILY SWIM 2:00PM – 5:00PM	FAMILY SWIM 12:15PM – 3:45PM
WATER FITNESS 9:00–9:50am –Aqua fit 10:00 –10:50a – Aqua Arthritis	WATER FITNESS 9:00–9:50am–Aqua fit 10:00-10:50a-Aqua fit	WATER FITNESS 9:00–9:50am–Aqua fit 10:00-10:50a-Aqua fit	WATER FITNESS 9:00–9:50am–Aqua fit 10:00-10:50a-Aqua fit	WATER FITNESS	

Last Modified: March 15, 2024

Note: Lap swim lanes are limited. For additional lap swim options, please check out the Verdugo Hills pool schedule

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