



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## CRESCENTA VALLEY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p style="text-align: center;"><b>Lap Swim</b></p> <p>10:00AM-11:00AM – Aqua Fit <b>PLEASE RESERVE VIA MOTIONVIBE</b></p>	<p style="text-align: center;"><b>Lap Swim</b></p> <p>11:00AM-12:00PM – Aqua Fit <b>PLEASE RESERVE VIA MOTIONVIBE</b></p>	<p style="text-align: center;"><b>Lap Swim</b></p> <p>10:00AM-11:00AM – Aqua Fit <b>PLEASE RESERVE VIA MOTIONVIBE</b></p>	<p style="text-align: center;"><b>Lap Swim</b></p> <p>11:00AM-12:00PM – Aqua Fit <b>PLEASE RESERVE VIA MOTIONVIBE</b></p>	<p style="text-align: center;"><b>Lap Swim</b></p> <p>10:00AM-11:00AM – Aqua Fit <b>PLEASE RESERVE VIA MOTIONVIBE</b></p>	<p style="text-align: center;"><b>Lap Swim</b> 8am-12pm</p>
<p style="text-align: center;"><b>FAMILY SWIM</b> CLOSED</p>	<p style="text-align: center;"><b>FAMILY SWIM</b> CLOSED</p>	<p style="text-align: center;"><b>FAMILY SWIM</b> CLOSED</p>	<p style="text-align: center;"><b>FAMILY SWIM</b> CLOSED</p>	<p style="text-align: center;"><b>FAMILY SWIM</b> CLOSED</p>	<p style="text-align: center;"><b>FAMILY SWIM</b> 12pm-4pm</p>

Effective October 3

## 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
- 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
- Maximum 3 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