



## Crescenta-Cañada Family YMCA Pool Schedule – OCTOBER

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY  |
|---|--|--|--|--|---|
| <b>Lap Swim</b><br>5:00am – 6:00am – 5 lanes<br>6:00am – 7:00am – 3 lanes<br>7:00am – 12:00pm – 5 lanes<br>12:00pm – 3:50pm – 3 lanes<br><b>3:50pm – 7:45pm – CLOSED</b><br>7:45pm – 9:30pm – 3 lanes | <b>Lap Swim</b><br>5:00am – 9:50am – 5 lanes<br>9:50am – 12:00pm – 2 lanes<br>12:00pm – 3:50pm – 3 lanes<br><b>3:50pm – 7:00pm – CLOSED</b><br>7:00pm – 9:30pm – 3 lanes         | <b>Lap Swim</b><br>5:00am – 6:00am – 5 lanes<br>6:00am – 7:00am – 3 lanes<br>7:00am – 9:50am – 5 lanes<br>9:50am – 12:00pm – 2 lanes<br>12:00pm – 3:50pm – 3 lanes<br><b>3:50pm – 7:45pm – CLOSED</b><br>7:45pm – 9:30pm – 3 lanes | <b>Lap Swim</b><br>5:00am – 9:50am – 5 lanes<br>9:50am – 12:00pm – 2 lanes<br>12:00pm – 3:50pm – 3 lanes<br><b>3:50pm – 7:00pm – CLOSED</b><br>7:00pm – 9:30pm – 3 lanes         | <b>Lap Swim</b><br>5:00am – 6:00am – 5 lanes<br>6:00am – 7:00am – 3 lanes<br>7:00am – 9:00am – 5 lanes<br>9:00am – 12:00pm – 3 lanes<br>12:00pm – 1:00pm – 2 lanes<br><b>4:50pm – 7:00pm – CLOSED</b><br>7:00pm – 8:30pm – 4 lanes | <b>Lap Swim</b><br>7:00am – 8:50am – 4 lanes<br><b>8:50am – 12:15pm - CLOSED</b><br>12:15p – 6:30pm – 3 lanes<br>(Lifeguard training may affect lap swimming availability)        |
| <b>Water Walking (lap Pool)</b><br><b>For ages 14+ for exceptions see lifeguard</b><br>5:00am – 3:50pm – 1 lane<br><b>3:50pm – 9:30pm – CLOSED</b>  | <b>Water Walking (lap Pool)</b><br><b>For ages 14+ for exceptions see lifeguard</b><br>5:00am – 10:00am – 1 lane<br>12:00pm – 3:50PM – 1 lane<br><b>3:50pm – 9:30pm – CLOSED</b> | <b>Water Walking (lap Pool)</b><br><b>For ages 14+ for exceptions see lifeguard</b><br>5:00am – 10:00am – 1 lane<br>12:00pm – 3:50PM – 1 lane<br><b>3:50pm – 9:30pm – CLOSED</b>   | <b>Water Walking (lap Pool)</b><br><b>For ages 14+ for exceptions see lifeguard</b><br>5:00am – 10:00am – 1 lane<br>12:00pm – 3:50PM – 1 lane<br><b>3:50pm – 9:30pm – CLOSED</b> | <b>Water Walking (lap Pool)</b><br><b>For ages 14+ for exceptions see lifeguard</b><br>5:00am – 10:00am – 1 lane<br>12:00pm – 2:00pm – 1 lane<br><b>4:50pm – 7:00pm – CLOSED</b><br>7:00pm – 8:30pm – 2 lanes*                     | <b>Water Walking (lap Pool)</b><br><b>For ages 14+ for exceptions see lifeguard</b><br>7:00am – 8:50am – 1 lane<br><b>8:50am – 12:30pm -CLOSED</b><br>12:30p – 6:30p- Shallow end |
| <b>Small Pool Water Walking</b><br>5:00am – 12:00pm<br>12:00pm – 3:00pm<br><b>3:00pm – 8:00pm – CLOSED</b><br>8:00pm – 9:30pm   | <b>Small Pool Water Walking</b><br>5:00am – 9:00am<br><b>9:00am–11:30am CLOSED</b><br>11:30am – 3:00pm<br><b>3:00pm – 8:00pm – CLOSED</b><br>8:00pm – 9:30pm                     | <b>Small Pool Water Walking</b><br>5:00am – 12:00pm<br>12:00pm – 3:00pm<br><b>3:00pm – 8:00pm – CLOSED</b><br>8:00pm – 9:30pm  | <b>Small Pool Water Walking</b><br>5:00am – 9:00am<br><b>9:00am – 11:30 am CLOSED</b><br>11:30am – 3:00pm<br><b>3:00pm – 8:00pm – CLOSED</b><br>8:00pm – 9:30pm                  | <b>Small Pool Water Walking</b><br>5:00am – 9:00am<br>11:00am – 4:50pm<br><b>4:50pm – 7:00pm – CLOSED</b><br>7:00pm – 8:30pm   | <b>Small Pool Water Walking</b><br>7:00am – 8:50am<br>12:30pm – 6:30pm*   |
| <b>Family Swim</b><br>11:30a–1:30p-small pool<br>8p – 9:30p-lap Pool*   | <b>Family Swim</b><br>11:30a-1:30p-small pool<br>8p – 9:30p-lap Pool*  | <b>Family Swim</b><br>11:30a–1:30p-small pool<br>8p – 9:30p-lap pool*  | <b>Family Swim</b><br>11:30a-1:30p-small pool<br>8p – 9:30p-lap pool*  | <b>Family Swim</b><br>11:30a–2:00p-small pool<br>2p – 4:50p-lap pool*<br>7pm – 8:30p-lap pool*   | <b>Family Swim</b><br>2:00–6:30p–lap pool<br>12:30p – 2:00pm – small pool   |
| <b>Aqua Fit</b><br>9a – 9:50 a – Arthritis<br>10:30–11:20a-Arthritis<br>12p – 12:50pm – Deep Water  | <b>Aqua Fit</b><br>10am – 10:50a – Shallow<br>11a –11:50a–Deep Water   | <b>Aqua Fit</b><br>10am –10:50a – Shallow<br>11a-11:50a–Deep Water   | <b>Aqua Fit</b><br>10am –10:50a – Shallow<br>11a-11:50a–Deep Water   | <b>Aqua Fit</b><br>9am – 9:50am – Shallow<br>10am – 10:50a-Arthritis<br>11a–11:50a-Deep Water<br>12pm – 12:50p - Finning   | <b>Aqua Fit</b>   |

Lap Swim Limited Space, First Come First Serve

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Last edited — Aug 30th

**Hot tub closures – Bi-Weekly maintenance is done on Monday (8pm – closing) & Thursday (1pm – 4pm)**

## 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 – lifeguards may move you due to speed of the swimmers in your lane.
- Notify all swimmers before entering the lane.
- Enter from the right side into the shallow side of the pool.
- Two swimmers in a lane may split the lane in half.
- 3 swimmers in a lane must swim in a counterclockwise 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.

## RULES OF WATER WALKING

- Water Walking is meant for members that need to do other exercises in the water besides swimming laps. This could include walking or physical therapy exercises.
- The deep water may also be used for exercise as well.
- Lap swimming is not permitted.
- Kids and Family swim is not permitted.
- Equipment may be used only if it is to aid exercise.
- Must be 14 years of age or older to use the water walking lane. If an exception is needed, please see the lifeguard

