



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CRESCENTA VALLEY FAMILY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 6:00 – 10:00AM 10:00AM-12:00AM – Aqua Fit 12:00AM – 1:50PM	Lap Swim 6:00 – 3:50PM	Lap Swim 6:00 – 10:00AM 10:00AM-11:00PM – Aqua Fit 11:00PM – 1:50PM	Lap Swim 6:00 – 3:50PM	Lap Swim 6:00 – 10:00AM 10:00AM-11:00AM – Aqua Fit 11:00AM – 1:50PM	Lap Swim 8:00AM – 11:50PM
FAMILY SWIM 2:00PM – 5:50PM	FAMILY SWIM 4:00PM – 5:50PM	FAMILY SWIM 2:00PM – 5:50PM	FAMILY SWIM 4:00PM – 5:50PM	FAMILY SWIM 2:00PM – 5:50PM	FAMILY SWIM 12:00PM – 3:50PM

Effective September 12

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