FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Crescenta-Cañada Family YMCA Pool Schedule – SEPTEMBER – 1930 Foothill Blvd. La Canada, 91011

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:00– 6:00a – 5 lanes 6:00– 7:00a – 2 lanes 7:00 – 11:50a – 5 lanes 11:50 – 3:15p – 2 lanes 3:15 – 3:50p – 3 lanes 3:50– 8:00p– CLOSED 8:00 – 9:30p – 3 lanes	**Lap Swim** 5:00 – 9:50a – 5 lanes 9:50 – 12:00p – 2 lanes 12:00 – 1:30p – 3 lanes 1:30 – 3:15p – 2 lanes 3:15 – 3:50p – 3 lanes 3:50– 7:00p - CLOSED 7:00 – 7:30pm – 2 Lane 7:30 – 8:00pm – 4 lanes 8:00 – 9:30pm – 3 lanes	**Lap Swim** 5:00– 6:00a – 5 lanes 6:00– 7:00a – 2 lanes 7:00 – 9:50a – 5 lanes 9:50 – 12:00p – 2 lanes 12:00 – 1:30p – 3 lanes 1:30 – 3:15p – 2 lanes 3:15 – 3:50p – 3 lanes 3:50 – 8:00p – CLOSED 8:00 – 9:30p – 3 lanes	**Lap Swim** 5:00 – 9:50a – 5 lanes 9:50 – 12:00p – 2 lanes 12:00 – 1:30p – 3 lanes 1:30 – 3:15p – 2 lanes 3:15 – 3:50p – 3 lanes 3:50 – 7:00p – CLOSED 7:00 – 7:30pm – 2 Lane 7:30 – 8:00pm – 4 lanes 8:00 – 9:30pm – 3 lanes	**Lap Swim** 5:00 – 6:00a – 5 lanes 6:00 – 7:00a – 2 lanes 7:00 – 9:00a – 5 lanes 9:00 – 10:00a – 2 lanes 10:00 –11:00a – 3 lanes 11:00 –1:00 p – 2 lanes 1:00 – 4:50p – 4 lanes 5:00 – 7:00p - CLOSED 7:00 – 8:30p – 3 lanes	**Lap Swim** 7:00– 8:50a – 4 lanes 8:50–12:15p- CLOSED 12:15 – 2:30p – 4 lanes 2:30 - 6:30p – 3 lanes	**Lap Swim** 8 – 11:30am – 4 lanes 11:30– 1:30pm –3 lanes
Water Walking (lap Pool) 5:00a – 12:00p – 1 lane 1:00– 3:50P – 1 lane 3:50– 9:30p – CLOSED	**Water Walking (lap Pool)** 5:00 – 10:00a – 1 lane 12:00 – 3:50P – 1 lane 3:50 – 9:30p – CLOSED	**Water Walking (lap Pool)** 5:00 – 10:00a – 1 lane 12:00 – 3:50P – 1 lane 3:50 – 9:30p – CLOSED	**Water Walking (lap Pool)** 5:00a – 10:00a – 1 lane 12:00p– 3:50P – 1 lane 3:50p – 9:30p – CLOSED	**Water Walking (lap Pool)** 5:00a – 9:00a – 1 lane 12:00p – 1:30p – 1 lane 1:30p – 8:30p- CLOSED	**Water Walking (lap Pool)** 7:00 – 8:50a – 1 lane 8:50– 12:15p – CLOSED 12:15 – 2:30p – 1 lane 2:30-6:30p – CLOSED	**Water Walking (lap Pool)** 8- 11:30am – 1 lane
Small Pool **Water Walking** 6:00a – 3:15p	**Small Pool** **Water Walking** 6:00a – 7:00a 9:00a – 3:15p	**Small Pool** **Water Walking** 6:00am – 3:15pm	**Small Pool** **Water Walking** 6:00a – 7:00a 9:00a – 3:15p	**Small Pool** **Water Walking** 6:00am – 7:00am 9:00am – 9:50am	**Small Pool** **Water Walking** 7:00a – 8:50a 2:30p – 6:30pm	**Small Pool** **Water Walking** 8:00 – 10:00am 11:30 – 1:30pm
Family Swim 11:30–1:30p-**small pool** 8p – 9:30p-**Lap Pool**	**Family Swim** 11:30– 1:30p-**small pool** 8:00–9:30p– **Lap Pool**	**Family Swim** 11:30 – 1:30p-**small pool** 8:00- 9:30p –**Lap pool**	**Family Swim** 11:30– 1:30p-**small pool** 8:00–9:30p– **Lap Pool**	**Family Swim** 11:30 –7:00p-**small pool** 7:00–8:30p – **Lap Pool**	**Family Swim** 12:30– 2:30p–**small pool** 2:30–6:30p – **lap pool**	**Family Swim** 8a-11:30a- **small pool** 11:30–1:30p – **lap pool**
Aqua Fit 9– 9:50a–Arthritis 10:30–11:20-Arthritis 12–12:50p – Deep	**Aqua Fit** 10–10:50a shallow 11 – 11:50a - deep	**Aqua Fit** 10-10:50a- shallow 11 – 11:50a - deep	**Aqua Fit** 10–10:50a shallow 11 – 11:50a - deep	**Aqua Fit** 9:00 -9:50a –Shallow 10–10:50a – Arthritis 11:00-11:50a –Deep 12–12:50p - finning	**Aqua Fit**	**Aqua Fit**

Lap Swim Limited Space, First Come First Serve

– Last updated August 27, 2026

Hot tub will be closed Monday 12:00pm to 3:00pm and Thursday 1:00 – 3:50pm for weekly maintenance

LAP LANE ETIQUITTE

- 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.

WATER WALKING RULES

- 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.

FAMILY SWIM RULES

- **Children 7 and younger** must have a parent or guardian in the same pool with them at all times
- **Children ages 8 to 14** must have a parent of guardian present at least on the pool deck at all times
- **Children under the age of 14** that would like to use the deep end of the pool, must pass a swim test given by the lifeguard on duty (swim test includes 2 lengths of proficient freestyle)
- Only Coast Guard approved life jackets are permitted (this cannot replace adult supervision) All other flotation devices will not be allowed
- Infants and children who are not potty trained must have a swim diaper
- Parents with children under the age of 5 should be within arm's reach at all times
- Diving and jumping are not permitted
- Family swim approved toys only (soft and non-hazardous, do not obstruct lifeguard's view, don't create a safety risk or disturb other swimmers)
- Horseplay and other activities that could take away from a lifeguard's ability to watch the pool in its entirety are strictly prohibited
- Breath holding activities are strictly prohibited
- Exercise equipment is for exercise purposes and water therapy only
- Lifeguards must keep in mind the maximum occupancy of the pools. Family swim patrons may be limited