



## Crescenta-Cañada Family YMCA Pool Schedule

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|---|---|---|---|---|---|
| <b>Lap Swim</b><br>5:00am – 7:00am – 2 lanes<br>7:00am – 3:00PM – 5 lanes<br>3:00pm – 3:50pm – 3 lanes<br>4:00pm – 7:00pm - CLOSED<br>7:00pm – 8:30pm – 2 lanes             | <b>Lap Swim</b><br>5:00am – 7:00am – 5 lanes<br>7:00am – 3:00PM – 5 lanes<br>3:00pm – 3:50pm – 3 lanes<br>4:00pm – 7:00pm - CLOSED<br>7:00pm – 8:30pm – 2 lanes             | <b>Lap Swim</b><br>5:00am – 7:00am – 2 lanes<br>7:00am – 3:00PM – 5 lanes<br>3:00pm – 3:50pm – 3 lanes<br>4:00pm – 7:45pm - CLOSED<br>8:00pm – 8:30pm – 4 lanes             | <b>Lap Swim</b><br>5:00am – 7:00am – 5 lanes<br>7:00am – 3:00PM – 5 lanes<br>3:00pm – 3:50pm – 3 lanes<br>4:00pm – 7:00pm - CLOSED<br>7:00pm – 8:30pm – 2 lanes             | <b>Lap Swim</b><br>5:00am – 7:00am – 2 lanes<br>7:00am – 3:00PM – 5 lanes<br>3:00pm – 3:50pm – 3 lanes<br>4:00pm – 7:00pm - CLOSED<br>7:00pm – 8:30pm – 2 lanes             | <b>Lap Swim</b><br>8:00am – 8:50am – 4 lanes<br>9:00am – 1:00pm - CLOSED<br>1:00p – 4:45pm – 3 lanes                |
| <b>Water Walking (lap Pool)</b><br>6:00am – 7:00am – 1 lane<br>7:00am – 3:00PM – 1 lane<br>3:00pm – 3:50pm – 1 lane<br>4:00pm – 8:00pm - CLOSED<br>8:00pm – 8:30pm – 1 lane | <b>Water Walking (lap Pool)</b><br>5:00am – 7:00am – 1 lane<br>7:00am – 3:00PM – 1 lane<br>3:00pm – 3:50pm – 1 lane<br>4:00pm – 8:00pm - CLOSED<br>8:00pm – 8:30pm – 1 lane | <b>Water Walking (lap Pool)</b><br>6:00am – 7:00am – 1 lane<br>7:00am – 3:00PM – 5 lane<br>3:00pm – 3:50pm – 3 lane<br>4:00pm – 8:00pm - CLOSED<br>8:00pm – 8:30pm – 1 lane | <b>Water Walking (lap Pool)</b><br>5:00am – 7:00am – 1 lane<br>7:00am – 3:00PM – 1 lane<br>3:00pm – 3:50pm – 1 lane<br>4:00pm – 8:00pm - CLOSED<br>8:00pm – 8:30pm – 1 lane | <b>Water Walking (lap Pool)</b><br>5:00am – 7:00am – 1 lane<br>7:00am – 3:00PM – 1 lane<br>3:00pm – 3:50pm – 1 lane<br>4:00pm – 8:00pm - CLOSED<br>8:00pm – 8:30pm – 1 lane | <b>Water Walking (lap Pool)</b><br>8:00am – 8:50am – 1 lane<br>9:00am – 1:00pm - CLOSED<br>1:00pm – 4:45pm – 1 lane |
| <b>Small Pool Water Walking</b><br>5:00am – 2:00pm<br>2:00pm – 8:00pm—CLOSED  | <b>Small Pool Water Walking and Parent/Toddler</b><br>5:00am – 7:00am<br>7:00a-9:00am - Closed<br>9:00am – 2:00pm<br>2:00pm – 8:00pm—CLOSED                                 | <b>Small Pool Water Walking</b><br>5:00am – 2:00pm<br>2:00pm – 8:00pm—CLOSED  | <b>Small Pool Water Walking and Parent/Toddler</b><br>5:00am – 7:00am<br>7:00am – 9:00am - Closed<br>9:00am – 2:00pm<br>2:00pm – 8:00pm—CLOSED                              | <b>Small Pool Water Walking</b><br>5:00am – 7:00am<br>7:00am – 9:00am—CLOSED<br>9:00am – 2:00pm<br>2:00pm – 8:00pm - CLOSED   | <b>Small Pool Water Walking</b><br>8:00am – 8:50am<br>9:00am-12:00pm-CLOSED<br>12:00pm – 1:50pm                     |
| <b>Small Pool Family Swim</b><br>2:00pm – 7:00pm—CLOSED<br>7-8:30pm<br>(Limited to 10 people)   | <b>Small Pool Family Swim</b><br>2:00pm – 7:00pm—CLOSED<br>7-8:430pm<br>(Limited to 10 people)  | <b>Small Pool Family Swim</b><br>12pm – 12:50pm<br>1pm – 1:50pm<br>(Limited to 10 people)<br>2:00pm – 8:00pm—CLOSED   | <b>Small Pool Family Swim</b><br>2:00pm – 7:00pm—CLOSED<br>7-8:30pm<br>(Limited to 10 people)   | <b>Small Pool Family Swim</b><br>12pm – 12:50pm<br>1pm – 1:50pm<br>(Limited to 10 people)<br>2:00pm – 8:00pm—CLOSED   | <b>Small Pool Family Swim</b><br>2:00pm – 5:00pm<br>(Limited to 10 people)  |
| <b>Hot Tub</b><br>5:00am – 7:45pm   | <b>Hot Tub</b><br>5:00am – 7:45pm   | <b>Hot Tub</b><br>5:00am – 7:45pm   | <b>Hot Tub</b><br>5:00am – 7:45pm   | <b>Hot Tub</b><br>5:00am – 7:45pm   | <b>Hot Tub</b><br>8:00am – 9am<br>12pm - 4:50pm   |

Lap Swim Limited Space, First Come First Serve

Effective October 3

**\*\*\*NOTE – Hot tub is closed every Saturday from 9:00am – 12:00pm for weekly maintenance**

## 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