



## CRESCENTA VALLEY FAMILY YMCA – JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Lap Swim/Water Walking</b> 6:00am – 7:45am 10:00am – 3:30pm 6:15pm - 7:30pm	<b>Lap Swim/Water walking</b> 6:00am – 7:45am 10:00am – 12:00pm <b>10:00am – 4:00pm</b> <b>CLOSED FOR CAMP</b> 4:00pm – 7:30pm	<b>Lap Swim/Water Walking</b> 6:00am – 7:45am 10:00am – 3:30pm 6:15pm - 7:30pm	<b>Lap Swim/Water Walking</b> 6:00am – 7:45am 10:00am – 7:30pm	<b>Lap Swim/Water Walking</b> 6:00am – 7:45am 10:00am – 7:30pm	<b>Lap Swim</b> 8:00AM – 3:45pm
<b>FAMILY SWIM</b> 2:00PM – 7:30PM	<b>FAMILY SWIM</b> 4:00PM – 7:30PM	<b>FAMILY SWIM</b> 2:00PM – 7:30PM	<b>FAMILY SWIM</b> 2:00PM – 7:30PM	<b>FAMILY SWIM</b> 2:00PM – 7:30PM	<b>FAMILY SWIM</b> 12:15PM – 3:45PM
<b>WATER FITNESS</b> 8am -8:50am 9am – 9:50am <b>10am – 10:50am</b> (only July 8 to July 12 <sup>th</sup> and July 22 <sup>nd</sup> and July 26 <sup>th</sup> )	<b>WATER FITNESS</b> 8am -8:50am 9am – 9:50am	<b>WATER FITNESS</b> 8am -8:50am 9am – 9:50am <b>10am – 10:50am</b> (only July 8 to July 12 <sup>th</sup> and July 22 <sup>nd</sup> and July 26 <sup>th</sup> )	<b>WATER FITNESS</b> 8am -8:50am 9am – 9:50am <b>10am – 10:50am</b> (only July 8 to July 12 <sup>th</sup> and July 22 <sup>nd</sup> and July 26 <sup>th</sup> )	<b>WATER FITNESS</b> 8am -8:50am 9am – 9:50am <b>10am – 10:50am</b> (only July 8 to July 12 <sup>th</sup> and July 22 <sup>nd</sup> and July 26 <sup>th</sup> )	

Last Modified: June 28th

## LAP LANE ETTIQUETTE

- Lap swimming is for proficient swimmers who can continuously swim the lap lanes
- 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
- More than 2 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