



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CRESCENTA VALLEY FAMILY YMCA – November

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 7am–9am – 5 lanes 11am – 2:00pm – 5 lanes 2:00pm - 4:45pm – 3 lanes	Lap Swim 7am – 9am – 5 lanes 10am – 2:00pm – 5 lanes 2:00pm -4:45pm – 3 lanes	Lap Swim 7am–9am – 5 lanes 11am – 2:00pm – 5 lanes 2:00pm - 4:45pm – 3 lanes	Lap Swim 7am – 9am – 5 lanes 10am – 2:00pm – 5 lanes 2:00pm -4:45pm – 3 lanes	Lap Swim 7am–9am – 5 lanes 11am – 2:00pm – 5 lanes 2:00pm - 4:45pm – 3 lanes	Lap Swim 8:00 AM – 11:50 AM
FAMILY SWIM 2:00 – 4:45pm	FAMILY SWIM 2:00 – 4:45pm	FAMILY SWIM 2:00 – 4:45pm	FAMILY SWIM 2:00 – 4:45pm	FAMILY SWIM 2:00 – 4:45pm	FAMILY SWIM 12:00 P – 3:45 PM

Aquatic Group Classes	Aquatic Group Classes	Aquatic Group Classes	Aquatic Group Classes	Aquatic Group Classes	
9:00 AM – 9:50 AM 10:00 AM-10:50 AM Aqua Fitness	9:00 AM-9:50 AM Aqua Fitness	9:00 AM – 9:50 AM 10:00 AM-10:50 AM Aqua Fitness	9:00 AM-9:50 AM Aqua Fitness	9:00 AM – 9:50 AM 10:00 AM-10:50 AM Aqua Fitness	

Lap Swim Limited Space, First Come First Serve

POOL WILL BE CLOSED WHEN RAIN IS FORECASTED

Effective: Nov 1st

NOTE: THE POOL WILL CLOSE NOVEMBER 27TH FOR FALL AND WINTER.

POOL ETIQUETTE

- ALL BATHERS MUST SHOWER BEFORE ENTERING OUR POOLS
- 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
- Pool will close for extreme weather, thunder and/or lightning
- Lifeguard has final authority on all lap swim rules and etiquette