



## Crescenta-Cañada Family YMCA Pool Schedule – MAY

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

Lap Swim Limited Space, First Come First Serve

– Last updated May 11th, 2026

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

## LAP LANE ETIQUETTE

- 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.

## RULES OF WATER WALKING

- 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.