



CRESCENTA VALLEY FAMILY YMCA – MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/Water Walking 7:00am – 7:50am 10:10am – 7:00pm	Lap Swim/Water walking 7:00am – 7:50am 9:00am – 7:00pm	Lap Swim/Water Walking 7:00am – 7:50am 9:00am – 7:00pm	Lap Swim/Water Walking 7:00am – 7:50am 9:00am – 7:00pm	Lap Swim/Water Walking 7:00am – 7:50am 10:10am – 7:00pm	Lap Swim 8:00AM – 3:30pm
FAMILY SWIM 3:00PM – 7:00PM	FAMILY SWIM 3:00PM – 7:00PM	FAMILY SWIM 3:00PM – 7:00PM	FAMILY SWIM 3:00PM – 7:00PM	FAMILY SWIM 3:00PM – 7:00PM	FAMILY SWIM 10:00AM – 3:30PM
WATER FITNESS 8am -8:50am 9:15am – 10:05am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am 9:15am – 10:05am	

Last Modified: May 11, 2026

LAP LANE ETIQUETTE

- 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