



## CRESCENTA VALLEY FAMILY YMCA – APRIL 6<sup>th</sup> to MAY

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

Last Modified: March 30, 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