



## CRESCENTA VALLEY FAMILY YMCA - SEPTEMBER

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY                                |
|--|--|--|---|---|---|
| <b>Lap Swim</b><br>7am–9am – 5 lanes<br>11am – 4pm – 3 lanes | <b>Lap Swim</b><br>7am – 9am – 5 lanes<br>10am – 4:00pm – 5 lanes<br>4:00 PM–7:45 PM – 2 lanes | <b>Lap Swim</b><br>7am–9am – 5 lanes<br>11am – 4pm – 3 lanes | <b>Lap Swim</b><br>7am – 9am – 5 lanes<br>10am – 4:00pm – 5 lanes<br>4:00 PM– 7:45 PM – 2 lanes | <b>Lap Swim</b><br>7am – 9am – 5 lanes<br>11am - 3:50pm – 3 lanes | <b>Lap Swim</b><br>8:00 AM – 11:50 AM   |
| <b>FAMILY SWIM</b><br>11am-4pm<br>7:00 P – 7:45 PM           | <b>FAMILY SWIM</b><br>4:00PM-7:45pm  | <b>FAMILY SWIM</b><br>11am-4pm<br>7:00 P – 7:45 PM           | <b>FAMILY SWIM</b><br>4:00P-7:45pm  | <b>FAMILY SWIM</b><br>4:00 P – 7:45 PM                            | <b>FAMILY SWIM</b><br>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<br>10:00 AM-10:50 AM<br>Aqua Fitness | 9:00 AM-9:50 AM<br>Aqua Fitness | 9:00 AM – 9:50 AM<br>10:00 AM-10:50 AM<br>Aqua Fitness | 9:00 AM-9:50 AM<br>Aqua Fitness | 9:00 AM – 9:50 AM<br>10:00 AM-10:50 AM<br>Aqua Fitness |  |

Lap Swim Limited Space, First Come First Serve

**POOL WILL BE CLOSED WHEN RAIN IS FORECASTED**

Effective Sept 1, 2023

Please note that CVY will be closed from Monday, September 4<sup>th</sup> and will re-open again on Monday, September 11<sup>th</sup> for annual pool maintenance.

## 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