



Crescenta-Cañada Family YMCA Pool Schedule – NOVEMBER 25 to 30th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Lap Swim 5:00am – 6:00am – 5 lanes 6:00am – 7:00am – 2 lanes 7:00am – 8:00am – 5 lanes 8:00am – 9:00am – 4 lanes 9:00am – 12:00pm – 5 lanes 12:00pm – 1:00pm – 3 lanes 1:00pm – 9:30pm – 4 lanes</p>	<p>Lap Swim 5:00am – 9:50am – 5 lanes 9:50am – 12:00pm – 2 lanes 12:00pm – 9:30pm – 4 lanes</p>	<p>Lap Swim 5:00am – 6:00am – 5 lanes 6:00am – 7:00am – 2 lanes 7:00am – 8:00am – 5 lanes 8:00am – 9:00am – 4 lanes 9:00am – 1:00pm – 2 lanes 1:00pm – 5:30pm – 4 lanes</p>		<p>Lap Swim 8:00am – 9:00am – 5 lanes 9:00am – 12:00pm – 3 lanes 12:00pm – 1:00pm – 2 lanes 1:00pm – 1:30pm – 5 lanes</p>	<p>Lap Swim 7:00am – 8:50am – 4 lanes 8:50am – 12:15pm – CLOSED 12:15p – 6:30pm – 3 lanes (Lifeguard training may affect lap swimming availability)</p>
<p>Water Walking (lap Pool) For ages 14+ for exceptions see lifeguard 5:00am – 12:00pm – 1 lane</p>	<p>Water Walking (lap Pool) For ages 14+ for exceptions see lifeguard 5:00am – 10:00am – 1 lane 12:00pm – 1:00pm – 1 lane</p>	<p>Water Walking (lap Pool) For ages 14+ for exceptions see lifeguard 5:00am – 10:00am – 1 lane 12:00pm – 1:00pm – 1 lane</p>		<p>Water Walking (lap Pool) For ages 14+ for exceptions see lifeguard 8:00am – 10:00am – 1 lane 12:00pm – 1:30pm – 1 lane</p>	<p>Water Walking (lap Pool) For ages 14+ for exceptions see lifeguard 7:00am – 8:50am – 1 lane 8:50am – 12:30pm – CLOSED 12:30p – 6:30p – Shallow end</p>
<p>Small Pool Water Walking 5:00am – 9:00am 11:30am – 9:30pm</p>	<p>Small Pool Water Walking 5:00am – 9:30pm</p>	<p>Small Pool Water Walking 5:00am – 5:30pm</p>		<p>Small Pool Water Walking 8:00am – 9:00am 11:00am – 1:30pm</p>	<p>Small Pool Water Walking 7:00am – 8:50am 12:30pm – 6:30pm*</p>
<p>Family Swim 11:30a–1:30p–small pool 1:30 – 9:30p–lap Pool*</p>	<p>Family Swim 11:30a–1:30p–small pool 1:30p – 9:30p–lap Pool*</p>	<p>Family Swim 11:30a–1:30p–small pool 1:30–5:30pm–lap pool*</p>		<p>Family Swim 11:30a–1:30p–small</p>	<p>Family Swim 2:00–6:30p–lap pool 12:30p – 2:00pm – small pool</p>
<p>Aqua Fit 9a – 9:50 a – Arthritis 10:30–11:20a–Arthritis 12p – 12:50pm – Deep Water</p>	<p>Aqua Fit 10am – 10:50a – Shallow 11a –11:50a–Deep Water</p>	<p>Aqua Fit 10am –10:50a – Shallow 11a–11:50a–Deep Water</p>		<p>Aqua Fit 9am – 9:50am – Shallow 10am – 10:50a–Arthritis 11a–11:50a–Deep Water 12pm – 12:50p – Finning</p>	<p>Aqua Fit</p>

Hot tub closures – Weekly maintenance is done on Monday (1pm – 4pm)

LAP LANE ETTIQUETTE

- 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.
- Must be 14 years of age or older to use the water walking lane. If an exception is needed, please see the lifeguard

