



CRESCENTA VALLEY FAMILY YMCA – APRIL 7 TO APRIL 30

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim/Water Walking 10:00am – 5:00pm	Lap Swim/Water walking 9:00am – 5:00pm	Lap Swim/Water Walking 9:00am – 5:00pm	Lap Swim/Water Walking 9:00am – 5:00pm	Lap Swim/Water Walking 10:00am – 5:00pm	Lap Swim 8:00AM – 3:30pm
FAMILY SWIM 2:00PM – 5:00PM	FAMILY SWIM 2:00PM – 5:00PM	FAMILY SWIM 2:00PM – 5:00PM	FAMILY SWIM 2:00PM – 5:00PM	FAMILY SWIM 2:00PM – 5:00PM	FAMILY SWIM 12:00PM – 3:30PM
WATER FITNESS 8am -8:50am 9am – 9:50am (Starting the week of April 14 th)	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am	WATER FITNESS 8am -8:50am 9am – 9:50am (Starting week of April 14 th)	

Last Modified: April 1st

LAP LANE ETTIQUETTE

- 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