



## CRESCENTA VALLEY FAMILY YMCA – SUMMER 2022 POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>Lap Swim</b> 7:00 – 10:00AM 10:00AM-12:00AM - CLOSED (AQUA FITNESS) 12:00AM – 1:00PM</p>	<p><b>Lap Swim</b> 7:00 – 9:30AM 9:30AM – 4:30PM – CLOSED (CAMP SWIM)</p>	<p><b>Lap Swim</b> 7:00 – 10:00AM 10:00AM-11:00AM - CLOSED (AQUA FITNESS) 11:00AM – 1:00PM</p>	<p><b>Lap Swim</b> 7:00 – 9:30AM 9:30AM – 4:30PM – CLOSED (CAMP SWIM)</p>	<p><b>Lap Swim</b> 7:00 – 10:00AM 10:00AM-11:00AM - CLOSED (AQUA FITNESS) 11:00AM – 1:00PM</p>	<p><b>Lap Swim</b> 8:00AM – 12:00PM</p>
<p><b>FAMILY SWIM</b> 2:00PM – 4:00PM</p>	<p><b>FAMILY SWIM</b> 4:30PM – 6:30PM</p>	<p><b>FAMILY SWIM</b> 2:00PM – 4:00PM</p>	<p><b>FAMILY SWIM</b> 4:30PM – 6:30PM</p>	<p><b>FAMILY SWIM</b> 2:00PM – 6:00PM</p>	<p><b>FAMILY SWIM</b> 12:00PM – 4:00PM</p>

**\*Limited Space, first come first serve. Must have a ticket from the membership desk for entry.**

Last Modified: June 15, 2022

## LAP LANE ETTIQUETTE

- Lap swimming is for proficient swimmers, **AGES 16 and over**, 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