



Crescenta-Cañada Family YMCA Pool Schedule – January

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim 5:00– 6:00a – 5 lanes 6:00– 7:00a – 2 lanes 7:00 – 11:50a – 4 lanes 11:50 – 1:00p – 2 lanes 1:00 – 3:50p – 3 lanes 3:50– 7:00p– CLOSED 7:00 – 9:30p – 2 lanes	Lap Swim 5:00 – 9:00a – 5 lanes 9:00 - 9:50a – 4 lanes 9:50 – 12:00p – 2 lanes 12:00 – 3:50p – 3 lanes 3:50– 7:00p - CLOSED 7:00 – 9:30p – 2 lanes	Lap Swim 5:00– 6:00a – 5 lanes 6:00– 7:00a – 2 lanes 7:00– 9:00a – 5 lanes 9:00 – 9:50a – 4 lanes 9:50–12:00p – 2 lanes 12:00 – 3:50p - 3 lanes 3:50 – 7:00p – CLOSED 7:00 – 9:30p – 2 lanes	Lap Swim 5:00 – 9:00a – 5 lanes 9:00 - 9:50a – 4 lanes 9:50a – 12:00p – 2 lanes 12:00 – 3:50p – 3 lanes 3:50– 7:00p – CLOSED 7:00 – 9:30p – 2 lanes	Lap Swim 5:00 – 6:00a – 5 lanes 6:00 – 7:00a – 2 lanes 7:00 – 9:00a – 5 lanes 9:00 – 10:00a – 2 lanes 10:00 –11:00a – 4 lanes 11:00 –1:00 p – 2 lanes 1:00 – 5:00p – 3 lanes 5:00 – 7:00p - CLOSED 7:00 – 8:30p – 2 lanes	Lap Swim 7:00– 8:50a – 4 lanes 8:50– 12:15p - CLOSED 12:15 – 2:30p – 4 lanes 2:30 - 6:30p – 3 lanes	Lap Swim 8 – 11:30am – 5 lanes 11:30– 1:30pm –3 lanes
Water Walking (lap Pool) 5:00a – 12:00p – 1 lane 1:00– 3:50P – 1 lane 3:50– 9:30p – CLOSED	Water Walking (lap Pool) 5:00 – 10:00a – 1 lane 12:00 – 3:50P – 1 lane 3:50 – 9:30p – CLOSED	Water Walking (lap Pool) 5:00 – 10:00a – 1 lane 12:00 – 3:50P – 1 lane 3:50 – 9:30p – CLOSED	Water Walking (lap Pool) 5:00a – 10:00a – 1 lane 12:00p– 3:50P – 1 lane 3:50p – 9:30p – CLOSED	Water Walking (lap Pool) 5:00a – 9:00a – 1 lane 12:00p – 1:30p – 1 lane 1:30p – 8:30p- CLOSED	Water Walking (lap Pool) 7:00 – 8:50a – 1 lane 8:50– 12:15p – CLOSED 12:15 – 2:30p – 1 lane 2:30-6:30p – CLOSED	Water Walking (lap Pool) 8- 11:30am – 1 lane
Small Pool Water Walking 6:00a – 12:00p	Small Pool Water Walking 6:00a – 7:00a 9:00a – 12:00p	Small Pool Water Walking 6:00am – 12:00pm	Small Pool Water Walking 6:00a – 7:00a 9:00a – 12:00p	Small Pool Water Walking 6:00am – 7:00am 9:00am – 9:50am	Small Pool Water Walking 7:00a – 8:50a 2:30p – 6:30pm	Small Pool Water Walking 8:00 – 10:00am 11:30 – 1:30pm
Family Swim 11:30–1:30p-small pool 8p – 9:30p-Lap Pool	Family Swim 11:30– 1:30p-small pool 8:00–9:30p– Lap Pool	Family Swim 11:30 – 1:30p-small pool 8:00- 9:30p –Lap pool	Family Swim 11:30– 1:30p-small pool 8:00–9:30p– Lap Pool	Family Swim 11:30 –1:30p-small pool 1:30-5:00p – Lap Pool 5 :00–7:00p – small pool 7:00–8:30p – Lap Pool	Family Swim 12:30– 2:30p–small pool 2:30–6:30p – lap pool	Family Swim 10a-11:30a- small pool 11:30–1:30p – lap pool
Aqua Fit 9– 9:50a–Arthritis 10:30–11:20a – Arthritis - 12–12:50p – Deep	Aqua Fit 10:00 – 10:50a – Shallow 11:00 –11:50a–Deep Water	Aqua Fit 10:00 –10:50a – Shallow 11:00-11:50a–Deep Water	Aqua Fit 10:00a –10:50a – Shallow 11:00a-11:50a–Deep Water	Aqua Fit 9:00 -9:50a –Shallow 10–10:50a – Arthritis 11:00-11:50a –Deep 12–12:50p - finning	Aqua Fit	Aqua Fit

Lap Swim Limited Space, First Come First Serve

– Last updated Jan 13

Hot tub will be closed Monday and Thursday 12:00pm to 3:50pm for weekly maintenance

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.