



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

January 2019 AM POOL SCHEDULE: 6 AM-1:30PM

DWCT: Deep Water Circuit Training

Aquafit: Shallow End

Aquatic Exercise

PYPB : Pittsfield Family

YMCA Polar Bears Swim

Team (Competitive Youth

Ages 5-18)

LGT – lifeguard training

Adult Lap

Lap: youth 13 with parent

Masters: 18+ Members

Only Competitive

Swimming

Lessons: Instructional Swimming (12U-)

Open/FAM: Family Swim Lap Swimming Tips

Please enter the pool from the shallow end. To avoid accidents, when entering an occupied lane, please get the first swimmer's acknowledgement that you are there.

Directions

If there are 1 or 2 swimmers in a lane, they may elect to split the lane in half. The entrance of a third person immediately changes the lane to "circle" swimming format (counter clockwise).

***Schedule is subject to change.**

***Multiple activities are often scheduled at the same time.**

***Limited Lap Lanes**

During Classes/ST/Lessons (MORE ON BACK)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1. Adult Lap 9-4p Masters 8-9a Lap 9-4p Family 9-4p	2. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	3. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	4. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	5. Adult Lap 7-8:30a Masters 8-9:30a Family 11-4p Lap 9:30-4p Scuba 12-4p
	6. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	7. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	8. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	9. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	10. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	11. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	12. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-4p Family 11:15-4p Scuba 12-4p
	13. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	14. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	15. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	16. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	17. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	18. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	19. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-4p Family 11:15-4p Scuba 12-4p
	20. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	21. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	22. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	23. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	24. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	25. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	26. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-4p Family 11:15-4p Scuba 12-4p
	27. Adult Lap 7-8:30a Masters 2:15-4:45 Lap 9:30-2:15p Family 9-2:15p	28. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	29. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	30. Adult Lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	31. Adult Lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p		