



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

January 2019 PM POOL SCHEDULE: 3:30PM-9PM

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. Lap 3:30p-4p (Lap 6:30-9 1 lane) SWIM MEET 4-6:30P Polar Bears 5-7:30p Taconic 7:30-9p	3. Lap 3:30p-5:00p (7-9p 1 Lane) Polar Bears 5-7:30p Taconic 7:30-9p	4. Lap 3:30p-4:00p (Lap 6:30-7 1 Lane) (Lap 7-9p) SWIM MEET 4-6:30p Polar Bears 5-7p KNO 7-8p Family 7-8p	5. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p Scuba 12-4p
	6. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	7. Lap 3:30p-5:00p (7:30-9p 1 lane) Polar Bears 5-7:30p Taconic 7:30-9p	8. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5:30-7:30p Lap 7:30-9p	9. Lap 3:30p-4p (Lap 6:30-7:30 1 lane) (Lap 7:30-9p 4 lanes) SWIM MEET 4-6:30P Polar Bears 5-7:30p Family 7:30 -9p	10. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5-7:30p Taconic 7:30-9p	11. Lap 3:30p-4:00p (Lap 6:30-7 1 Lane) (Lap 7-9p) SWIM MEET 4-6:30p Polar Bears 5-7p KNO 7-8p Family 7-8p	12. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-11:15 SWIM MEET 11:15-4
	13. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	14. Lap 3:30p-5:00p (7:30-9p 1 lane) Polar Bears 5-7:30p Taconic 7:30-9p	15. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5:30-7:30p Taconic 7:30-9p	16. Lap 3:30p-4p (Lap 6:30-7:30 1 lane) (Lap 7:30-9p 4 lanes) SWIM MEET 4-6:30P Polar Bears 5-7:30p Family 7:30 -9p	17. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5-7:30p Taconic 7:30-9p	18. Lap 3:30p-5:00p (Lap 7-9p 4 lanes) Polar Bears 5-7p KNO 7-8p Family 7-8p	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. Lap 3:30p-5:00p (7:30-9p 1 lane) Polar Bears 5-7:30p	22. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5:30-7:30p Taconic 7:30-9p	23. Lap 3:30p-4:00p (6:30-9 1 lane) Meet 4-6:30p Polar Bears 6-7:30p Taconic 7:30-9p	24. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5-7:30p Taconic 7:30-9p	25. Lap 3:30p-4:00p (7-9p 1 Lane) Taconic 7:30-9p Polar Bears 5-7p KNO 7-8p Family 7-8p	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. Lap 3:30p-5:00p (7:30-9p 1 lane) Polar Bears 5-7:30p Taconic 7:30-9p	29. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5:30-7:30p Taconic 7:30-9p	30. Lap 3:30p-9:00p (3:30-5p 3 Lane) (5:30-9 1 lane) Wahconah 3:30-5p Polar Bears 5-7:30p Taconic 7:30-9p	31. Lap 3:30p-5:00p (7-9p 1 Lane) Lessons 4-7p Polar Bears 5-7:30p Taconic 7:30-9p		