



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## JULY 2019 PM POOL SCHEDULE: 3:30PM-8PM

**DWW:** Deep Water Workout

**WA:** Water Aerobics

**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   |
|--|---|---|--|--|---|--|
|  | <b>1.</b><br>Lap 3:30-8p<br>Polar Bears 5-7:30p<br>Family 7-8p  | <b>2.</b><br>Lap 3:30-8p<br>Lessons 4-5:30p<br>Polar Bears<br>5:30-7:30p<br>Family 7-8p | <b>3.</b><br>Lap 3:30-8p<br>Lessons 4-5:30p<br>Polar Bears 5-7:30pm<br>Family 7-8p | <b>4.</b><br><br>POOL<br>CLOSED FOR<br>4th OF JULY                 | <b>5.</b><br>Lap 3:30-8p<br>Family 3:30-8p  | <b>6.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lessons 8:30-11:30a<br>Lap 9:30-4p<br>Family 11:30-4p<br>Scuba 12p-4p |
| <b>7.</b><br>Adult Lap 7-9:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p                 | <b>8.</b><br>Lap 3:30-8p<br>Polar Bears 5-7:30p<br>Family 7-8p  | <b>9.</b><br>Lap 3:30-8p<br>Polar Bears<br>5:30-7:30p<br>Family 7-8p                    | <b>10.</b><br>Lap 3:30-8p<br>Polar Bears 5-7:30pm<br>Family 7-8p                   | <b>11.</b><br>Lap 3:30-8p<br>Polar Bears 5-7:30p<br>Family 7-8p    | <b>12.</b><br>Lap 3:30-8p<br>Family 3:30-8p | <b>13.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11:30-4p<br>Scuba 12-4p                        |
| <b>14.</b><br>Adult Lap 7-9:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p                | <b>15.</b><br>Lap 3:30-5p<br>Polar Bears 5-7:30p<br>Family 7-8p | <b>16.</b><br>Lap 3:30-5:30p<br>Polar Bears<br>5:30-7:30p                               | <b>17.</b><br>Lap 3:30-8p<br>Polar Bears 5-7:30<br>Family 7-8p                     | <b>18.</b><br>Lap 3:30-5:30p<br>Polar Bears 5-7:30p<br>Family 7-8p | <b>19.</b><br>Lap 3:30-8p<br>Family 3:30-8p | <b>20.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 12-4p<br>Scuba 12-4p                           |
| <b>21.</b><br>Adult Lap 7-9:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p<br>Scuba 12-4p | <b>22.</b><br>Lap 3:30-8p<br>Family 7-8p                        | <b>23.</b><br>Lap 3:30-5:30p<br>Family 7-8p   | <b>24.</b><br>Lap 3:30-8p<br>Family 7-8p   | <b>25.</b><br>Lap 3:30-8p<br>Family 3:30-8p                        | <b>26.</b><br>Lap 3:30-8p<br>Family 3:30-8p | <b>27.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11:30-4p<br>Scuba 12-4p                        |
| <b>28.</b><br>Adult Lap 7-9:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p<br>Scuba 12-4p | <b>29.</b><br>Lap 3:30-8p<br>Family 7-8p                        | <b>30.</b><br>Lap 3:30-5:30p<br>Family 7-8p   | <b>31.</b><br>Lap 3:30-8p<br>Family 7-8p   |  |   |  |

REMINDER: POOL CLOSING SCHEDULE FOR AUGUST 19 AND REOPENS SEPT 3  
SUMMER SWIM TEAM ENDS ON JULY 18  
BIRTHDAY PARTIES/SPECIAL EVENTS: COMMONLY SCHEDULED SAT OR SUN BETWEEN 12-4