



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

MARCH 18 – MARCH 24 POOL SCHEDULE NORTHERN

Times	Monday 3/18/19	Tuesday 3/19/19	Wednesday 3/20/19	Thursday 3/21/19	Friday 3/22/19	Saturday 3/23/19	Sunday 3/24/19
6-8AM	Lap Swim *all lanes	Lap Swim *all lanes	Lap Swim *all lanes	Lap Swim *all lanes	Lap Swim *all lanes	CLOSED	CLOSED
8-9AM	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each
9-10AM	Open/Circle * 3 lap lanes each	Cardio Walking 5 LANES Circle Swim 1 LANE	Drury/Circle * 3 lap lanes each	Cardio Walking 5 LANES circle swim 1 LANE	Aqua Cardio 5 LANES Circle Swim 1 LANE	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each
10-10:30	Pre-School 2 lanes Open/Circle 4 lanes	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Kayak – Entire Pool
10:30-11	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	
11-12	Twinges in the Hinges 5 LANES Circle Swim 1 LANE	Open/Circle * 3 lap lanes each	Twinges in the Hinges 5 LANES Circle Swim 1 LANE	Open/Circle * 3 lap lanes each	Twinges in the Hinges 5 LANES Circle Swim 1 LANE	Open/Circle * 3 lap lanes/each	Kayak – Entire Pool
12-1PM	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lanes each	Open/Circle * 2 lanes each Lifeguard Course 2 Lanes
1-2PM	Twinges in the Hinges 5 LANES Circle Swim 1 LANE	Open/circle * 3 lap lanes each	Twinges in the Hinges 5 LANES Circle Swim 1 LANE	Open/circle * 3 lap lanes each	Twinges in the Hinges 5 LANES Circle Swim 1 LANE	Open/Circle * 2 lanes each Lifeguard Course 2 Lanes	Open/Circle * 2 lanes each Lifeguard Course 2 Lanes
2-4PM	CLOSED	CLOSED	Open/Circle * 3 lap lanes each	CLOSED	Open/Circle * 3 lap lanes each	Birthday Party 3 lanes Lifeguard Course 3 Lanes	Birthday Party 3 lanes Lifeguard Course 3 Lanes
4-5PM	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	CLOSED @ 4PM	CLOSED @ 4PM
5-5:45PM	Deep End Aerobics 5 LANES circle swim 1 LANE	Aqua Cardio 5 LANES circle swim 1 LANE	Deep End Aerobics 5 LANES circle swim 1 LANE	Aqua Cardio 5 LANES circle swim 1 LANE	Open / circle * 3 lap lanes/each	<ul style="list-style-type: none"> Pool schedule is subject to change. Pool Hours: Week Days: 6AM-8:30PM/Weekends 8AM-4PM Please review pool rules on the back of schedule. 	
5:45-7:30PM	Open/circle * 3 lap lanes/each	Swim Lessons – Begin at 5:30 End 7p (Entire pool)	Swim Lessons – Begin at 5:30 End 7p (Entire pool)	Swim Lessons – Begin at 5:30 End 7p (Entire pool)	Open/Circle * 3 lap lanes each		
7:30-8:30PM	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each	Open/Circle * 3 lap lanes each		

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BERSKHIRE BRANCH

Northern Berkshire Branch

Lap Swim Etiquette and Circle Swimming To avoid conflict and make everyone's swimming experience more enjoyable, please adhere to the following Lap Swim Etiquette:

Lane Designations

- When the pool is busy, swim lanes will be shared.
- Make note of lanes that contain fast, medium, and slow swimmers.
- Lifeguards monitor the lanes and may alter the configuration at any time.
- Select a lane compatible with your preferred swimming speed.
- Lifeguards may assist you with selecting the appropriate lane or ask you to move if your speed is not similar to those in your lane.

Entering the Water

- Enter the water feet first from the end closer to the starting blocks.
- It is the responsibility of the swimmer entering the water to make sure the lane is clear of any other swimmers.
- If there are swimmers approaching the wall as you are preparing to enter, wait until they have turned and started the next lap before entering the water so as not to interrupt their progress.

Circle Swimming

- Swimmers are required to follow the circle swim pattern. The customary traffic pattern is to stay to the right; that is to swim in a counterclockwise circle in the lane.
- It is the responsibility of the swimmer entering the lane to be sure that all the other swimmers in that lane are aware of his/her presence and the necessary traffic pattern.
- Always swim complete laps of the pool. Avoid stopping in the middle of the lane, this can interfere with the progress of other swimmers and cause collisions.
- Stop only at the wall and once stopped, stay in the corner of the lane, preferably in the left hand corner (from the perspective of the approach to the wall). Other lap swimmers need space to turn, always leave the middle 1/3 of the wall clear for turning purposes.

Speed

- Slower swimmers must yield to faster swimmers.
- Be aware of your space in the lane and orientation of others. If you are approaching the wall and another lap swimmer is gaining on you and swimming at a faster rate than you are, pause at the wall to allow the faster swimmer(s) to pass you.
- Be courteous of drafting. Provide adequate distance between you and the swimmer ahead of you.

Passing

- Pass on the left hand side. If you are the slower swimmer and being overtaken at the turn, stop, and wait until the other swimmer has pushed off the wall.
- A pass must be initiated in time to over-take the slower swimmer before the wall.

Swim Lessons & Kayak

- Entire pool is used during swim lessons, Tuesday, Wednesday & Thursday & Kayak Sunday. (see schedule for times).

Lifeguard Course



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- Lifeguard certification courses happen throughout the calendar year and uses 3 lanes, shallow & deep ends.
- Days and times vary, dependent on class lesson plan and number of students. See schedule for days and times.