



# New Pool Hours!

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

## March 2019 PM POOL SCHEDULE:

**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  |
|---|---|--|--|--|--|---|
|   |   |  |  |  | <b>1.</b><br>Lap 3:30p-5:00p<br>(Lap 7-9p 4 lanes)<br>Polar Bears 5-7p<br>KNO 7-8p<br>Family 7-8p  | <b>2.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lessons 8:30-11:15<br>Family 11-4p<br>Lap 9:30-4p<br>Scuba 12-4p |
| <b>3.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p                              | <b>4.</b><br>Lap 3:30p-5:00p<br>(5-7p 2 Lanes)<br>(7:00-9p 4 lane)<br>Polar Bears 5-7:00p<br>Family 7-8p  | <b>5.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p  | <b>6.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Polar Bears 5-7:00p<br>Family 7-8p                  | <b>7.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p  | <b>8.</b><br>Lap 3:30p-5:00p<br>(Lap 7-9p 4 lanes)<br>Polar Bears 5-7p<br>KNO 7-8p<br>Family 7-8p  | <b>9.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Family 11-4p<br>Lap 9:30-4p<br>Scuba 12-4p                       |
| <b>10.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p                             | <b>11.</b><br>Lap 3:30p-5:00p<br>(5-7p 2 Lanes)<br>(7:00-9p 4 lane)<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>12.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>13.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>14.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>15.</b><br>Lap 3:30p-5:00p<br>(Lap 7-9p 4 lanes)<br>Polar Bears 5-7p<br>KNO 7-8p<br>Family 7-8p | <b>16.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lessons 8:30-12p<br>Family 11-4p<br>Lap 9:30-4p<br>Scuba 12-4p  |
| <b>17.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p                             | <b>18.</b><br>Lap 3:30p-5:00p<br>(5-7p 2 Lanes)<br>(7:00-9p 4 lane)<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>19.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>20.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>21.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>22.</b><br>Lap 3:30p-5:00p<br>(Lap 7-9p 4 lanes)<br>Polar Bears 5-7p<br>KNO 7-8p<br>Family 7-8p | <b>23.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lessons 8:30-12p<br>Family 11-4p<br>Lap 9:30-4p<br>Scuba 12-4p  |
| <b>24.</b><br>Indoor Triathlon- 7-11am<br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p | <b>25.</b><br>Lap 3:30p-5:00p<br>(5-7p 2 Lanes)<br>(7:00-9p 4 lane)<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>26.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>27.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>28.</b><br>Lap 3:30p-5:00p<br>(7-9p 4 Lane)<br>Lessons 4-7p<br>Polar Bears 5-7:00p<br>Family 7-8p | <b>29.</b><br>Lap 3:30p-5:00p<br>(Lap 7-9p 4 lanes)<br>Polar Bears 5-7p<br>KNO 7-8p<br>Family 7-8p | <b>30.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lessons 8:30-12p<br>Family 11-4p<br>Lap 9:30-4p<br>Scuba 12-4p  |
| <b>31.</b><br>Adult Lap 7-8:30a<br>Masters 8-9:30a<br>Lap 9:30-4p<br>Family 11-4p                             |   |  |  |  |  |   |