



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAY 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
			1. Lap 3:30-8p Family 3:30-8p	2. Lap 3:30-8p Lessons 4-6p Family 6:30-8p	3. Lap 3:30-5p Family 3:30-5p Swim Team Party 5-7p Kids Night Out 7-8p	4. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:30a Lap 9:30-2:30p Family 11:30-2:30p Scuba 3p-6p
5. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	6. Lap 3:30-8p Polar Bears 5-7:30p Family 7-8p	7. Lap 3:30-8p Polar Bears 5:30-7:30p Family 3:30-8p	8. Lap 3:30-8p Polar Bears 5-7:30pm Family 7-8p	9. Lap 3:30-8p Polar Bears 5-7:30p Family 7-8p	10. Lap 3:30-8p Family 3:30-7p Kids Night Out 7-8p	11. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:30a Lap 9:30-4p Family 11:30-4p Scuba 12-4p
12. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	13. Lap 3:30-8p Polar Bears 5-7:30p Family 7-8p	14. Lap 3:30-5:30p Lessons 4-6p Polar Bears 5:30-7:30p Family 7-8p	15. Lap 3:30-8p Polar Bears 5-7:30 Family 7-8p	16. Lap 3:30-5:30p Lessons 4-6p Polar Bears 5-7:30p Family 7-8p	17. Lap 3:30-8p Family 3:30-7p Kids Night Out 7-8p	18. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:30a Lap 9:30-4p Birthday Party 12-2p Family 2-4p Scuba 12-4p
19. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-12p Birthday Party 12-2p	20. Lap 3:30-8p Polar Bears 5-7:30p Family 7-8p	21. Lap 3:30-5:30p Lessons 4-6p Polar Bears 5:30-7:30p Family 7-8p	22. Lap 3:30-8p Polar Bears 5-7:30 Family 7-8p	23. Lap 3:30-5:30p Lessons 4-6p Polar Bears 5-7:30p Family 7-8p	24. Lap 3:30-8p Family 3:30-7p Kids Night Out 7-8p	25. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:30a Lap 9:30-4p Family 11:30-4p Scuba 12-4p
26. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	27. POOL CLOSED MEMORIAL DAY	28. Lap 3:30-5:30p Lessons 4-6p Polar Bears 5:30-7:30p Family 7-8p	29. Lap 3:30-8p Polar Bears 5-7:30 Family 7-8p	30. Lap 3:30-5:30p Lessons 4-6p Polar Bears 5-7:30p Family 7-8p		

**REMINDER: POOL CLOSED FOR MEMORIAL DAY- 5/27
POLAR BEARS SUMMER SWIM TEAM STARTS ON 5/6
BIRTHDAY PARTIES/SPECIAL EVENTS: COMMONLY SCHEDULED SAT OR SUN BETWEEN 12-4**