



FOR YOUTH DEVELOPMENT®  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

# FALL 2018 POOL SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-8AM	Lap Swim *all lanes	Lap Swim *all lanes	Lap Swim *all lanes	Lap Swim *all lanes	Lap Swim *all lanes	<b>CLOSED</b>	<b>CLOSED</b>
8-9AM	Open/circle * 3 lap lanes each	Lap Swim *all lanes	Open/circle * 3 lap lanes each	Lap Swim *all lanes	Circle Swim * 3 lap lanes	Open/circle * 3 lap lanes each	Lap Swim *all lanes
9-10AM	Open/circle * 3 lap lanes each	Cardio Walking/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Cardio Walking/Circle Swim * 1 lane	Aqua Cardio/ Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Cardio Walking/ 3 lap lanes
10-10:30	Pre-School/Circle * 3 lap lanes each	Circle Swim * 3 lap lanes	Pre-School/Circle * 3 lap lanes each	Circle Swim * 3 lap lanes	Open/Circle Swim * 3 lap lanes	Open/circle * 3 lap lanes each	Open/circle * 3 lap lanes each
10:30-11	Lap Swim *all lanes	Open/circle * 3 lap lanes each	Lap Swim *all lanes	Open/circle * 3 lap lanes each	Open/Circle Swim * 3 lap lanes	Open/circle * 3 lap lanes each	Open/circle * 3 lap lanes each
11-12	Twinges & Hinges/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Twinges & Hinges/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Twinges & Hinges/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Open/circle * 3 lap lanes each
12-1PM	Lap Swim *all lanes	Open/circle * 3 lap lanes each	Lap Swim *all lanes	Open/circle * 3 lap lanes each	Lap Swim *all lanes	Open/circle * 3 lap lanes each	Birthday Parties/circle * 3 lap lanes each
1-2PM	Twinges & Hinges/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Twinges & Hinges/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Twinges & Hinges/Circle Swim * 1 lane	Open/circle * 3 lap lanes each	Open/circle * 3 lap lanes each
2-4PM	CLOSE	CLOSE	Programming/Circle Swim * 3 lap lanes each	CLOSE	Programming/ Circle Swim * 3 lap lanes each	Open/circle * 3 lap lanes each	Autism Connection Swim *2:30-3:30PM
4-5PM	Open/circle * 3 lap lanes each	YMCA SA/circle * 3 lap lanes	Open/circle * 3 lap lanes each	YMCA SA/circle * 3 lap lanes	Open/circle * 3 lap lanes each	<b>CLOSED</b>	<b>CLOSED</b>
5-5:45PM	Deep End Aerobics//circle swim * 1 lane	Aqua Cardio /circle swim * 1 lane	Deep End Aerobics circle swim * 1 lane	Aqua Cardio /circle swim * 1 lane	Open/circle * 3 lap lanes each	<ul style="list-style-type: none"> <li>Pool schedule is subject to change.</li> <li>Pool Hours: Week Days: 6AM-8:30PM/Weekends 8AM-4PM</li> <li>Please review pool rules on the back of schedule.</li> </ul>	
5:45-7:30PM	Open/circle * 3 lap lanes each	Swim Lessons	Swim Lessons	Swim Lessons	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	Aquatics Manager: Rebecca Godbout <a href="mailto:rgodbout@bfymca.org">rgodbout@bfymca.org</a> 413-499-7650 x. 213	

**BERKSHIRE FAMILY YMCA:** [www.bfymca.org](http://www.bfymca.org)

**Pittsfield (Corporate Office):** 292 North Street, Pittsfield, MA 01201 **P:** 413-499-7650 **F:** 888-965-0663

**Northern Berkshire:** 22 Brickyard Court, North Adams, MA 01247 **P:** 413-663-6529



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## **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.

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