



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

November 2018 AM POOL SCHEDULE: 6AM-1:30PM

DWW: Deep Water Workout
Gym & Swim: 3yrs.-kindergarten beginner gymnastics and swim lesson
WA: Water Aerobics
PYPB ST: Pittsfield Family YMCA Polar Bears Swim Team (Competitive Youth Ages 6-18)

Adult Lap

Lap: U13 with parent
Masters: 18+ Members Only Competitive Swimming

Lessons: Instructional Swimming (12U-)

Open: 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.	2.	3. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-4p Family 11:15-4p Scuba 12-4p
4. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	5. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	6. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	7. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	8. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	9. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	10. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 11:15-4p Scuba 12-4p
11. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	10. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	13. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	14. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	15. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	16. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	17. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-4p Family 11:15-4p Scuba 12-4p
18. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	19. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	20. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	21. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	22. CLOSED HAPPY THANKS GIVING		24. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-11:15 Lap 9:30-4p Family 11:15-4p Scuba 12-4p
25. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12-4p	26. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	27. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	28. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	29. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	30. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	

We Will be Closed on Thanks Giving and next session of swim lessons Starts the week of 11/13