



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

November 2018 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 3:30-8:00p (5:30-7:30 1 Lane) Lessons 4-5:30p Polar Bears 5-7:30p Family 7-8p	2. Lap 3:30-8p (5-7p 1 lane) Polar Bears 5-7p KNO 7-8p Family 7-8p	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. Lap 3:30-5:00p Polar Bears 5-7:30p Family 7-8p	6. Lap 3:30-8:00p (5:30-7:30 1 Lane) Polar Bears 5-7:30p Family 7-8p	7. Lap 3:30-8:00p (5:30-7:30 1 Lane) Polar Bears 5-7:30p Family 7-8p	8. Lap 3:30-8:00p (5:30-7:30 1 Lane) Polar Bears 5-7:30p Family 7-8p	9. Lap 3:30-8p (5-7p 1 lane) Polar Bears 5-7p KNO 7-8p Family 7-8p	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	12. Lap 3:30-5:00p Polar Bears 5-7:30p Family 7-8p	13. Lap 3:30-8:00p (5:30-7:30 1 Lane) Lessons 4-5:30p Polar Bears 5-7:30p Family 7-8p	14. Lap 3:30-8:00p (5:30-7:30 1 Lane) Polar Bears 5-7:30p Family 7-8p	15. Lap 3:30-8:00p (5:30-7:30 1 Lane) Lessons 4-5:30p Polar Bears 5-7:30p Family 7-8p	16. Lap 3:30-8p (5-7p 1 lane) Polar Bears 5-7p KNO 7-8p Family 7-8p	17. Adult Lap 7-8:30a Masters 8-9:30a 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. Lap 3:30-5:00p Polar Bears 5-7:30p Family 7-8p	20. Lap 3:30-8:00p (5:30-7:30 1 Lane) Lessons 4-5:30p Polar Bears 5-7:30p Family 7-8p	21. Lap 3:30-8:00p (5:30-7:30 1 Lane) Polar Bears 5-7:30p Family 7-8p	22. CLOSED HAPPY THANKS GIVING	23. Lap 3:30-8p (5-7p 1 lane) Polar Bears 5-7p KNO 7-8p Family 7-8p	24. Adult Lap 7-8:30a Masters 8-9:30a 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 11-4p	26. Lap 3:30-5:00p Polar Bears 5-7:30p Family 7-8p	27. Lap 3:30-8:00p (5:30-7:30 1 Lane) Lessons 4-5:30p Polar Bears 5:30-7:30p Family 7-8p	28. Lap 3:30-8:00p (5:30-7:30 1 Lane) Polar Bears 5-7:30p Family 7-8p	29. Lap 3:30-8:00p (5:30-7:30 1 Lane) Lessons 4-5:30p Polar Bears 5-7:30p Family 7-8p	30. Lap 3:30-8p (5-7p 1 lane) Polar Bears 5-7p KNO 7-8p Family 7-8p		