



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SEPTEMBER 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
<p>30. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p</p>						<p>1. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 12:15-4p Scuba 12-4p</p>
<p>2. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p</p>	<p>3. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>4. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>5. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>6. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>7. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>8. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p</p>
<p>9. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p</p>	<p>10. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>11. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>12. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>13. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>14. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>15. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p</p>
<p>16. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p</p>	<p>17. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>18. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>19. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>20. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>21. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>22. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p</p>
<p>23. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12-4p</p>	<p>24. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>25. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>26. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>27. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>28. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p</p>	<p>29. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p</p>

-Polar Bears Swim Team starts on 9/10 and the YMCA Swim Lessons start on 9/11. Please be sure to check the changes to the schedule to accommodate these two added programs to the schedule.