



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

SEPTEMBER 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. POOL CLOSED	2. LABOR DAY POOL CLOSED	3. Lap 3:30-5:30p Polar Bears 5:30-7:30 Family 7:30-8p Lap 5:30-8p (1-Lane)	4. Lap 3:30-5:30p Polar Bears 5-7:30 Family 7:30-8p Lap 5:30-8p (1-Lane)	5. Lap 3:30-5:30p Polar Bears 5:30-7:30 Family 7:30-8p Lap 5:30-8p (1-Lane)	6. Lap 3:30-5:30p Polar Bears 5:30-7:30 Family 7:30-8p Lap 5:30-8p (1-Lane)	7. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p B-Day Party 1-2p Family 2-4p Scuba 12-4p
8. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	9. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	10. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	11. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	12. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	13. Lap 3:30-5:30p Polar Bears 5-7:30p KNO 6:30-7:30p Family 7:30-8p Lap 7:30-8p	14. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Family 12-4p Scuba 12-4p
15. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	16. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	17. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	18. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	19. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	20. Lap 3:30-5:30p Polar Bears 5-7:30p KNO 6:30-7:30p Family 7:30-8p Lap 7:30-8p	21. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Family 12-4p Scuba 12-4p
22. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	23. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	24. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	25. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	26. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	27. Lap 3:30-5:30p Polar Bears 5-7:30p KNO 6:30-7:30p Family 7:30-8p Lap 7:30-8p	28. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Family 12-4p Scuba 12-4p
29. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	30. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)					