



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

## DECEMBER 2017 PM POOL SCHEDULE: 3:30PM-8PM

**DWCT:** Deep Water Circuit Training

**Aquafit:** Shallow End Aquatic Exercise

**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
<p>Notes: High school swimming begins in December. Taconic will be practicing from 7:45-9:15p and Wahconah will practice Wednesdays from 3:30-5. THERE WILL BE NO OPEN SWIM ON WEDNESDAY AFTERNOONS. Pool is closed to the public during HS swim meets. **Pool closed as of 8a on 12/3 due to PYPB swim meet.</p>						
					<p><b>1.</b> Lap 3:30-8p Family 3:30-5:30p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>2.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>3.</b> Adult lap 7-8a <b>PYPB HOLIDAY CLASSIC 8-2p</b></p>	<p><b>4.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>5.</b> Lap 3:30-8p Open 3:30-4p Lessons 4-6:30p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>6.</b> Lap 3:30-8p WHS 3:30-5p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>7.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>8.</b> Lap 3:30-8p Family 3:30-4p <b>HS SWIM MEET 4-6:30p</b> PYPB 6:30-7:45p</p>	<p><b>9.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>10.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p Birthday Party 12-1</p>	<p><b>11.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>12.</b> Lap 3:30-8p Open 3:30-4p Lessons 4-6:30p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>13.</b> Lap 3:30-8p Family 3:30-4p <b>HS SWIM MEET 4-6:30p</b> PYPB 6:30-7:45p</p>	<p><b>14.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>15.</b> Lap 3:30-8p Family 3:30-5:30p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>16.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>17.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p><b>18.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>19.</b> Lap 3:30-8p Open 3:30-4p Lessons 4-6:30p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>20.</b> Lap 3:30-8p Family 3:30-4p <b>HS SWIM MEET 4-6:30p</b> PYPB 6:30-7:45p</p>	<p><b>21.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>22.</b> Lap 3:30-8p Family 3:30-4p <b>HS SWIM MEET 4-6:30p</b> PYPB 6:30-7:45p</p>	<p><b>23.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>24/31.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p><b>25.</b> <b>CLOSED! MERRY CHRISTMAS!</b></p>	<p><b>26.</b> Lap 3:30-8p Open 3:30-4p Lessons 4-6:30p PYPB 5:45-7:45p</p>	<p><b>27.</b> Lap 3:30-8p WHS 3:30-5p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>28.</b> Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>29.</b> Lap 3:30-8p Family 3:30-5:30p PYPB 5:45-7:45p THS 7:45-9:15p</p>	<p><b>30.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>