



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

# JULY 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	
	<b>1.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	<b>2.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>3.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>4.</b> <b>CLOSED! HAPPY 4th of JULY!!</b>	<b>5.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>6.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>7.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	<b>8.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	<b>9.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>10.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>11.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>12.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>13.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>14.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	<b>15.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	<b>16.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>17.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>18.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>19.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>20.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>21.</b> Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	<b>22.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	<b>23.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>24.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>25.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>26.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<b>27.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>28.</b> Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	<b>29.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 12-2p	<b>30.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>31.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p	<p>Notes: <b>-Pool will be CLOSED on July 4th for the holiday!</b></p> <p>-Lessons will finish up for the summer on July 14th! Adult lap on Saturday will go until 9:30am instead of 8:30am on 7/21 and 7/28.</p> <p>-ANNUAL POOL MAINTENANCE WILL BEGIN IN AUGUST. POOL WILL BE CLOSED from AUGUST 6th-AUGUST 19th and will re-open on AUGUST 20th. Please contact the YMCA Welcome Center (x110) for information on other pools that can be visited during this time.</p>				