



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

JULY 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. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	2. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	3. Lap 3:30-8p Family 3:30-4p Lessons 4-5:45p PYPB 5:30-7:30p	4. CLOSED! HAPPY 4th OF JULY!!	5. Lap 3:30-8p Family 3:30-4p Lessons 4-4:30p PYPB 5:30-7:30p	6. Lap 3:30-7:30p Open 3:30-7:30p	7. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	8. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	9. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	10. Lap 3:30-8p Family 3:30-4p Lessons 4-5:45p PYPB 5:30-7:30p	11. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	12. Lap 3:30-8p Family 3:30-4p Lessons 4-4:30p PYPB 5:30-7:30p	13. Lap 3:30-7:30p Open 3:30-7:30p	14. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	15. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	16. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	17. Lap 3:30-8p Family 3:30-5:30p PYPB 5:30-7:30p	18. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	19. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	20. Lap 3:30-7:30p Open 3:30-7:30p	21. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	22. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	23. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	24. Lap 3:30-8p Family 3:30-5:30p PYPB 5:30-7:30p	25. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	26. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	27. Lap 3:30-7:30p Open 3:30-7:30p	28. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12:15-4p Scuba 12-4p	
	29. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	30. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	31. Lap 3:30-8p Family 3:30-5:30p PYPB 5:30-7:30p					

Notes: **-Pool will be closed on July 4th for the holiday!**

-Lessons will finish up for the summer on July 14th! Will resume in September!

-POOL WILL BE CLOSED from AUGUST 6th-AUGUST 19th for annual maintenance 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.

-Pool will now close at 7:30pm on FRIDAYS due to the new summer building hours. The building will now close at 8pm on FRIDAYS throughout the summer. This will ensure pool patrons have enough time to use the locker rooms before leaving the building.