



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

# JANUARY 2020 AM POOL SCHEDULE: 6AM-1:30PM

**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
			<b>1.</b> NEW YEARS DAY POOL CLOSED	<b>2.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>3.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>4.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
<b>5.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	<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 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>8.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>9.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>10.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>11.</b> Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 12-4p Scuba 12-4p
<b>12.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	<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 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>15.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>16.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>17.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>18.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
<b>19.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	<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 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>22.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>23.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>24.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>25.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
<b>26.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	<b>27.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p	<b>28.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>29.</b> Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	<b>30.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	<b>31.</b> Adult lap 6-8a Masters 7-8a Lap 8-12p Family 8-12p	