



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

JANUARY 2020 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. Lap 3:30-5:30p Polar Bears 5-7:30 Family 7:30-8p Lap 5:30-8p (1-Lane)	2. Lap 3:30-4p Lessons 4-6p Polar Bears 4-7p Family 6-8p Lap 7-8p	3. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	4. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
	5. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-2p Party 2-4p	6. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	7. Lap 3:30-8p Polar Bears 4-6p Family 6-8p	8. Lap 3:30-4:00p HS Swim Meet 4-6:30p Polar Bears 6:30-8:00p Lap 6:30-8p (1-Lane)	9. Lap 3:30-8p Polar Bears 4-7p Family 6-8p	10. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	11. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 12-2p Party 2-4p Scuba 12-4p
	12. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	13. Lap 3:30-4p HS Swim Meet 4-6:30p Polar Bears 6:30-8p Lap 6:30-8p (1-Lane)	14. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	15. Lap 3:30-4p HS Swim Meet 4-6:30p Polar Bears 6:30-8p Lap 6:30-8p (1-Lane)	16. Lap 3:30-4p Lessons 4-6p Polar Bears 4-7p Lap 6-8p Family 7-8p	17. Lap 3:30-4:00p HS Swim Meet 4:00-6:30p Polar Bears 6:30-8:00 KNO 6:30-7:30p Lap 6:30-8p	18. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 12-2p Party 2-4p Scuba 12-4p
	19. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	20. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	21. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Family 6-8p Lap 6-8p	22. Lap 3:30-4:00p HS Swim Meet 4-6:30p Polar Bears 6:30-8:00p Lap 6:30-8p (1-Lane)	23. Lap 3:30-4p Lessons 4-6p Polar Bears 4-7p Lap 6-8p Family 7-8p	24. Lap 3:30-4:00p HS Swim Meet 4:00-6:30 Polar Bears 3:30-6:15p KNO 6:30-7:30p Lap 6:30-8p	25. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
	26. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	27. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	28. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Family 6-8p Lap 6-8p	29. Lap 3:30-4p HS Swim Meet 4-6:30p Polar Bears 6:30-8p Lap 6:30-8p (1-Lane)	30. Lap 3:30-4p Lessons 4-6p Polar Bears 4-7p Lap 6-8p Family 7-8p	31. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	