



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL POOL SCHEDULE

NORTHERN BERKSHIRE

Main Pool Schedule	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Fall/Winter 2017	6:00a-8:00a Lap Swim (all lanes)	6:00a-9:00a Lap Swim (all lanes)	6:00a-8:00a Lap Swim (all lanes)	6:00a-9:00a Lap Swim (all lanes)	6:00a-8:00a Lap Swim (all lanes)	8:00a-4:00p Open/Lap Swim	8:00a-4:00p Open/Lap Swim
Schedule Begins Tuesday after Labor Day	8:00a-10:00a Open/Lap Swim (3 lanes each)	9:00a-9:45a Cardio Walking	8:00a-9:00a Open/Lap Swim (3 lanes each)	9:00a-9:45a Cardio Walking	8:00a-9:00a Open/Lap Swim (3 lanes each)	CLOSED 4:00PM	CLOSED 4:00PM
Multiple activities are often scheduled in this pool at the same time.	10:00a-10:30a Pre-School/Open (3 lanes each)	9:45a-2:00p Open/Lap Swim (3 lanes each)	9:00a-10:00a Drury HS/Lap (3 lanes each)	9:45a-2:00p Open/Lap Swim (3 lanes each)	9:00a-10:00a Aqua Cardio Power		
Open/Lap Swim During this time the pool will be split in half, 3 lanes each.	10:30a-11:00a Lap Swim (all lanes)	CLOSED 2:00p-4:00p	10:00a-11:00a Open/Lap Swim (3 lanes each)	CLOSED 2:00p-4:00p	10:00a-11:00a Open/Lap Swim (3 lanes each)		
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. Please get kickboards, pull bouys, etc. before entering the pool.	11:00a-11:45a Twinges In The Hinges	4:00p-5:00p Open/Lap Swim (3 lanes each)	11:00a-11:45a Twinges In The Hinges	4:00p-5:00p YMCA Afterschool	11:00a-11:45a Twinges In The Hinges		
	11:45a-1:00p Lap Swim (all lanes)	5:00p-5:45p Aqua Cardio Power	11:45a-1:00p Lap Swim (all lanes)	5:00p-5:45p Aqua Cardio Power	11:45a-1:00p Lap Swim (all lanes)		
	1:00p-2:00p Twinges In The Hinges	5:45p-7:30p Swim Lessons	1:00p-1:45p Twinges In The Hinges	5:45p-7:30p Swim Lessons	1:00p-2:00p Twinges In The Hinges		
	CLOSED 2:00p-4:00p	7:30p-8:30p Open/Lap Swim	1:45p-3:00p Lap Swim (all lanes)	7:30p-8:30p Open/Lap Swim	CLOSED 2:00p-4:00p		
	4:00p-5:00p Open/Lap Swim (3 lanes each)	CLOSED 8:30PM	3:00p-5:00p Open/Lap Swim (3 lanes each)	CLOSED 8:30PM	4:00p-8:30p Open/Lap Swim		
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.	5:00p-5:45p Deep End Aerobics		5:00p-5:45p Deep End Aerobics		CLOSED 8:30PM		
	5:45p-8:30p Open/Lap Swim (3 lanes each)		5:45p-7:30p Swim Lessons				
Birthday Parties Weekends between 2:00pm-4:00pm	CLOSED 8:30PM		7:30p-8:30p Open/Lap Swim				
			CLOSED 8:30PM				