



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

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)**

NOVEMBER 2019 AM POOL SCHEDULE: 6AM-1:30PM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	2. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 2-4p Party 12-2p Scuba 2-4p
3. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	4. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	5. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	6. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	7. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	8. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	9. Adult Lap 7-8:30a Masters 8-9:30a Lap 9:30-4p Family 12-2p Party 2-4p Scuba 12-2p
10. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	11. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	12. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	13. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	14. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	15. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	16. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
17. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	18. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	19. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	20. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	21. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	22. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	23. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p
24. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 11-4p	25. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	26. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-11a Family 11-1:30p	27. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	28. Adult lap 6-8a Masters 7-8a Lap 8-12p Family 8-12p	29. Adult lap 6-8a Lap 8-1:30p DWW 9:30-10:30a WA 11-12p Family 12-1:30p	30. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p