



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

NOVEMBER 2019 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 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	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. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	5. Lap 3:30-8p Polar Bears 4-6p Family 6-8p	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 Bear 4-6p Family 6-8p	8. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	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. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	12. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	13. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	14. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	15. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	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. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	19. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	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 Lap 6-8p Family 6-8p	22. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	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. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	26. Lap 3:30-4p Lessons 4-6p Polar Bears 4-6p Lap 6-8p Family 6-8p	27. Lap 3:30-5:30p Polar Bears 5-7:30p Family 7:30-8p Lap 5:30-8p (1-Lane)	28. POOL CLOSED @ 12P HAPPY THANKSGIVING	29. Lap 3:30-5:30p Polar Bears 3:30-6:15p Family 6-8p KNO 6:30-7:30p Lap 6-8p	30. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p