



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

MAY 2018 PM POOL SCHEDULE: 3:30PM-8PM

DWCT: Deep Water Circuit Training

Aquafit: Shallow End Aquatic Exercise

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 3:30-8p Family 3:30-4p, 5:45-8p Lessons 4-5:45p	2. Lap 3:30-8p Family 3:30-8p	3. Lap 3:30-8p Family 3:30-4p, 5:45-8p Lessons 4-5:45p	4. Lap 3:30-8p Family 3:30-8p	5. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12:15p Lap 9:30-4p Family 12:15-4p
6. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	7. Lap 3:30-8p Family 3:30-8p	8. Lap 3:30-8p Family 3:30-4p, 5:45-8p Lessons 4-5:45p	9. Lap 3:30-8p Family 3:30-8p	10. Lap 3:30-8p Family 3:30-4p, 5:45-8p Lessons 4-5:45p	11. Lap 3:30-8p Family 3:30-8p	12. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12:15p Lap 9:30-4p Family 12:15-4p
13. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	14. Lap 3:30-8p Family 3:30-8p	15. Lap 3:30-8p Family 3:30-8	16. Lap 3:30-8p Family 3:30-8p	17. Lap 3:30-8p Family 3:30-4p, 5:45-8p Lessons 4-5:45p	18. Lap 3:30-8p Family 3:30-8p	19. Adult Lap 7-9:30a Masters 8-9:30a Lap 9:30-4p Family 12-4p
20. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p	21. Lap 3:30-8p Family 3:30-8p	22. Lap 3:30-8p Family 3:30-4, 5:45-8p Lessons 4-5:45p	23. Lap 3:30-8p Family 3:30-8p	24. Lap 3:30-8p Family 3:30-4p, 5:45-8p Lessons 4-5:45p	25. Lap 3:30-8p Family 3:30-8p	26. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12:15p Lap 9:30-4p Family 12:15-4p
27. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Lessons 10-12p Family 12-2p	28. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	29. Lap 3:30-8p Family 3:30-4p Lessons 4-5:45p PYPB 5:30-7:30p	30. Lap 3:30-8p Family 3:30-5:30p PYPB Cubs 5-6p PYPB 5:30-7:30p	31. Lap 3:30-8p Family 3:30-4p Lessons 4-5:45p PYPB Cubs 5-6p PYPB 5:30-7:30p		

Notes: PYPB summer team will begin May 28th and go through July 27th.

There will be no youth lessons the week of May 14th.