



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

March 2018 AM POOL SCHEDULE: 6AM-1:30PM

DWCT: Deep Water Circuit Training

Gym & Swim: 3yrs.-kindergarten beginner gymnastics and swim lesson

Aquafit: Shallow End Aquatic Exercise

PYPB ST: Pittsfield Family YMCA Polar Bears Swim Team (Competitive Youth Ages 6-18)

Adult Lap

Lap: U13 with parent
Masters: 18+ Members Only Competitive Swimming

Lessons: Instructional Swimming (12U-)

Open: Family Swim
Pool 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
<p>-NEXT SESSION OF YOUTH GROUP LESSONS: March 20th-May 12th. Registrations opened on February 26th! Prior registration required at the Welcome Center.</p> <p>-Stay tuned for information on the Swimming Saves Lives program our Masters swim team puts on each year! Free adult swim lessons on the four Thursdays in April.</p>						
<p>4. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p>5. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>6. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>7. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>8. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p>9. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>3. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p</p>
<p>11. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p>12. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>13. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>14. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>15. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p>16. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>10. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p</p>
<p>18. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p>19. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>20. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>21. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p LGT 12-3:30p</p>	<p>22. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p>23. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>24. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p</p>
<p>25. Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p>26. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>27. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>28. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>29. Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p>30. Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p>31. Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p Scuba 12-4p</p>