



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

# OCTOBER 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

**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
<p><b>1.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p><b>2.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>3.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p><b>4.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>5.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p><b>6.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>7.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>8.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p><b>9.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>10.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p><b>11.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>12.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p><b>13.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>14.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>15.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p Scuba 2-5p</p>	<p><b>16.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>17.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p><b>18.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>19.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p><b>20.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>21.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>22.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p><b>23.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>24.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p><b>25.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>26.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 10-10:30a Family 11-1:30p</p>	<p><b>27.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>28.</b> Adult Lap 7-8:30a Masters 8-9:30a Lessons 8:30-12p Lap 9:30-4p Family 12-4p</p>
<p><b>29.</b> Adult lap 7-9:30a Masters 8-9:30a Lap 9:30-2p Family 11-2p</p>	<p><b>30.</b> Adult lap 6-8a Lap 8-1:30p DWCT 9:30-10:30a Aquafit 11-12p Family 12-1:30p</p>	<p><b>31.</b> Adult lap 6-8a Masters 7-8a Lap 8-1:30p Childcare 9:30-10:30a Family 11-1:30p</p>	<p>Notes- Pool will be <b>OPEN</b> on Columbus Day 10/9. - Lessons will run throughout the month on both Tuesday afternoons and Saturday mornings. Limited lap lanes will be available during those times.</p>			