



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

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

Notes- Pool will be **OPEN** on Columbus Day 10/9.
-Lessons (Tuesday afternoons and Saturday mornings) and the Polar Bear swim team will run throughout the month. Limited lap lanes will be available during those times.