



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

February Pool Schedule: 3-8:30 p.m.

DWCT-Deep Water Circuit

Training

Kayak Play-Open water for kayaking

Aquafit-Shallow End Aquatic Exercise

PYPB ST-Pittsfield Y Polar Bears Swim Team

(Competitive Youth Ages 5-18)

Adult Lap-18+

Lap-13+

Masters-18+ Members Only

Competitive Swimming

Lessons-Instructional

Swimming (12U-)

Open-Family Swim

HS-High School Swim Team

MS-Middle School Y Program

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>Notices: Pool Closes at 2 p.m. Sundays More afternoon Lap/Open Swim availability during swim team times this month</p>				<p>1 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30pm MS 4:15-5 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>2 HS 3-4:15 p HS 4:30-5:30 p Lap 3-8:30 p Open3-5:30p DWCT 5:30-6:30p Open 5:30-6:30p(s) PB ST 6:30-8:30p</p>	<p>3 HS 3-4:15 p.m. Lap 3-8:30p.m. Open 3-6:30p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>4 Adult lap 7-9 a.m. DWCT 8-9 a.m. Masters 7:30-9 a.m. Swim Lessons 8:30a.m.-12p.m. Lap 9-4 p.m. Open 12-4 p.m.</p>
	<p>5 Adult lap 7-9 a.m. Masters 8-9:30am Lap 9-2 p.m. Open 11-2 p.m. Kayak Play6-8 p</p>	<p>6 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>7 HS 3-4:15 p Lap 3-6 p.m.;6:30-8:30 p Lessons 4:15-6:15p DWCT 5:30-6:30p PYPBST 6-7:30p HS 7:30-9 p</p>	<p>8 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30pm MS 4:15-5 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>9 HS 3-4:15 p HS 4:30-5:30 p Lap 3-8:30 p Open3-5:30p DWCT 5:30-6:30p Open 5:30-6:30p(s) PB ST 6:30-8:30p</p>	<p>10 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>11 Adult lap 7-9 a.m. DWCT 8-9 a.m. Masters 7:30-9 a.m. Swim Lessons 8:30a.m.-12p.m. Lap 9-4 p.m. Open 12-4 p.m.</p>
	<p>12 Adult lap 7-9 a.m. Masters 8-9:30am Lap 9-2 p.m. Open 11-2 p.m. Kayak Play6-8 p</p>	<p>13 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>14 HS 3-4:15 p Lap 3-6 p.m.;6:30-8:30 p Lessons 4:15-6:15p DWCT 5:30-6:30p PYPBST 6-7:30p HS 7:30-9 p</p>	<p>15 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30pm MS 4:15-5 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>16 HS 3-4:15 p HS 4:30-5:30 p Lap 3-8:30 p Open3-5:30p DWCT 5:30-6:30p Open 5:30-6:30p(s) PB ST 6:30-8:30p</p>	<p>17 HS 3-4:15 p.m. Lap 3-8:30 p.m. Open 3-6:30 p.m. HS 5-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>18 Adult lap 7-9 a.m. DWCT 8-9 a.m. Masters 7:30-9 a.m. Swim Lessons 8:30a.m.-12p.m. Lap 9-4 p.m. Open 12-4 p.m.</p>
	<p>19/26 Adult lap 7-9 a.m. Masters 8-9:30am Lap 9-2 p.m. Open 11-2 p.m. Kayak Play6-8 p</p>	<p>20/27 Lap 3-8:30 p.m. Open 3-8:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>21/28 Lap 3-8:30 p Make Up Lessons 4:15-6:15p.m. DWCT 5:30-6:30p PYPBST 6-8p.m.</p>	<p>22/29 Lap 3-8:30 p.m. Open 3:30-8 p.m. PYPB ST 6:30-8p.m.</p>	<p>23 Lap 3-8:30 p Open 3-5:30p DWCT 5:30-6:30p Open 5:30-6:30p(s) PB ST 6:30-8:30p</p>	<p>24 Lap 3-8:30 p.m. Open 3-6:30 p.m. PYPB ST 6:30-8:30 p.m.</p>	<p>25 Adult lap 7-9 a.m. DWCT 8-9 a.m. Masters 7:30-9 a.m. Lap 9-4 p.m. Open 12-4 p.m.</p>