



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

# SMALL POOL SCHEDULE

**Fall 2015**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Open Water Exercise</b>	5:30-8:00a	5:30-8:00a	5:30-8:00a	5:30-8:00a	5:30-8:00a	7:00-8:00a	12:00-1:00p
	7:45p-8:45p	7:45-8:45p	7:45p-8:45p	7:45-8:45p	7:45-8:45p	1:30-3:30p	12:00-2:45p
<b>Open Rec Swim</b>	1:30-4:00p	1:30-4:00p	12:30-2:45p	1:00-4:00p	12:30-3:30p	1:30-3:30p	12:00-2:45p
	6:15-7:00p	6:00-7:45p	6:15-7:00p		5:45-7:45p	4:30-6:15p	3:30-4:45p
<b>Birthday Parties</b>						12:30-1:30p	
						3:30-4:30p	
<b>Cape Cod HealthCare</b>		12:30p-1:30p		11:45-12:45p			
<b>Children's Crossing</b>		10:00-10:45a			9:45-11:00a		
<b>Swim Lessons</b>	9:00-11:30a	8:30-11:30a	9:00-11:30a	9:00-11:30a	9:00-11:15a	8-12:30p	
			2:45-3:15p				
	4:00-6:15p	4:00-6:00p	4:00-5:45p	4:00-7:45p	3:30-5:45p		
<b>Water Fitness</b>	8:00-9:00a		8:00-9:00a		8:00-9:00a		
	Aquathritis		Aquathritis		Aquathritis		
	11:30-12:30p		11:30-12:30p		11:30-12:30p		
	Aquathritis		Aquathritis		Aquathritis		
	7:00-7:45p		7:00-7:45p				
	Aquacize		Aquacize				
		11:30-12:15					
		Yoqua					

**Monday-Friday Pool Closes at 8:45p**

**Saturday Pool Closes at 6:15p**

**Sunday Pool Closes at 4:45p**

**Small Pool Etiquette**

\*Please note that at any time open rec and open water exercise may be sharing the pool

\*Please take a cleansing shower before entering

\*Parent must proactively supervise children

\*Non swimmers must be in floatation with a parent/guardian within hands reach at all times

YMCA CAPE COD

2245 IYANNOUGH ROAD, WEST BARNSTABLE MA 02668

