



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Lap Pool (09/08/2019 - 09/28/2019)

### Lap Swim (number indicates available lanes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00a		6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	
7:00-8:15a		6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
8:15-8:45a		6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	5 Lanes
8:45-10:00a		3 Lanes	3 Lanes	3 Lanes	6 Lanes	3 Lanes	2 Lanes
10:00-10:45a		3 Lanes	5 Lanes	3 Lanes	2 Lanes	3 Lanes	2 Lanes
10:45-11:00a		5 Lanes	5 Lanes	5 Lanes	2 Lanes	5 Lanes	2 Lanes
11:00-12:15p		5 Lanes	5 Lanes	5 Lanes	2 Lanes	5 Lanes	2 Lanes
12:15-12:45p	5 Lane (POOL OPENS AT 12:00)	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	3 Lanes
12:45-1:45p	3 Lanes	3 Lanes	2 Lanes	3 Lanes	2 Lanes	3 Lanes	4 Lanes
1:45-2:30p	5 lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	4 Lanes
2:30-3:30p	5 Lanes	4 Lane	3 Lane	4 Lane	3 Lane	4 Lane	4 Lanes
3:30-4:00p	5 Lanes	4 Lane	3 Lane	4 Lane	3 Lane	4 Lane	4 Lanes
4:00-5:30p	5 Lanes (POOL CLOSSES AT 4:45)	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	4 Lanes (POOL CLOSSES AT 6:15pm)
5:30 - 6:15p		1 Lanes	2 Lanes	2 Lanes	1 Lane	2 Lanes	
6:15-8:30p		2 Lanes	2 Lanes	2 Lanes	1 Lane	5 Lanes	
8:30-8:45p		6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	

### Aqua Group Exercise Classes (Free with Membership)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:45-1:30p Zumba	9:00-9:45a Fit to Swim		9:00-9:45a Fit to Swim		9:00-9:45a Fit to Swim	
	9:45-10:30a No Sweat		9:45-10:30a No Sweat		9:45-10:30a No Sweat	
	1:00-1:45p Fit to Swim	1:00-1:45p Deep Water Aerobics	1:00-1:45p Fit to Swim	1:00-1:45p Deep Water Aerobics	1:00-1:45p Fit to Swim	

Monday-Friday Pool Closes at 8:45p

Saturday Pool Closes at 6:15p

Sunday Pool Closes at 4:45p

YMCA CAPE COD

2245 IYANNOUGH ROAD, W. BARNSTABLE MA 02668

508-362-6500 YMCACAPECOD.ORG

### Main Pool Etiquette:

When 3 or more swimmers are sharing a lane all must "circle swim"

When 2 swimmers are sharing a lane it can be split in two

Please take a cleansing shower before entering

Swimmers under the age of 18 must take a swim test

**\* All lane times are subject to change with out notice**