



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Small Pool (09/08/2019-09/28/2019)

Open Swim

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|------------|------------|------------|------------|------------|------------|------------|
| 1:45-4:45p | 5:30-7:45a | 5:30-8:45a | 5:30-7:45a | 5:30-8:45a | 5:30-7:45a | 7:00-7:45a |
| | 1:30-3:00p | 1:30-3:00p | 1:30-3:00p | 2:45-3:45p | 1:30-3:00p | 1:30-3:30p |
| | 8:00-8:45p | 6:30-8:45p | 8:00-8:45p | 6:30-8:45p | 6:45-8:45p | 4:30-6:15p |

Free (with membership) Aqua Group Exercise Classes

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------|---------|----------------------------|---------------------|----------------------------|----------|
| | 8:00-8:45a Aquathritis | | 8:00-8:45a Aquathritis | | 8:00-8:45a Aquathritis | |
| | 11:30-12:15 Aquathritis | | 11:30-12:15 Aquathritis | 1:45-2:30p YOQUA | 11:30-12:15 Aquathritis | |
| | 12:15-1:00p YOQUA | | | | | |
| | 7:00-8:00p Aquacize | | 7:00-8:00p Aquacize | | | |

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

WEST BARNSTABLE MA 02668

508-362-6500 YMCACAPECOD.ORG

Small Pool Etiquette:

Please take a cleansing shower before entering

Parent must proactively supervise children

Non swimmers must be in floatation with a parent within hands reach at all times

All children under 8 must have a parent in pool with them

*** All pool times are subject to change with out notice**