



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Lap Pool (11/01/2020 - 12/19/2020)

Lap Swim (number indicates available lanes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30a-7:00a	CLOSED	4 Lanes	4 Lanes	4 Lanes	6 Lanes	4 Lanes	CLOSED
7:00-8:00a	CLOSED	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	6 Lanes
8:00a-9:00a	2 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
9:00a-11:30p	2 Lanes until 12:00p, 6 lanes to until 12:45pm	2 Lanes	2 Lanes 10:00am to 11:45am	2 Lanes	2 Lanes 10:00am to 11:45am	2 Lanes	6 Lanes
11:30a-12:30a		4 Lanes		4 Lanes		4 Lanes	2 Lanes
12:30a-1:15p	CLOSED	2 Lanes	6 Lanes	2 Lanes	6 Lanes	2 Lanes	2 Lanes
1:30p-4:00p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
4:00p-5:45p	CLOSED	1 Lanes	1 Lanes	1 Lanes	1 Lanes	1 Lanes	CLOSED
5:45p-7:15p	CLOSED	1 Lanes	1 Lanes	1 Lanes	2 Lanes	1 Lanes	CLOSED
7:30p-8:15p	CLOSED	1 Lanes	2 Lanes @ 6:45pm	1 Lanes	1 Lanes	1 Lanes	CLOSED

Sunday Pool Closes at 12:45p Mon - Fri Pool Closes at 1:15p & 8:15p Saturday Pool Closes at 1:15p

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:45a		Fit & Swim		Fit & Swim		Fit & Swim	
9:45-10:30a		Fit & Swim	Fit & Swim@10:00am	Fit & Swim	Fit & Swim@10:00am	Fit & Swim	
10:30-11:15a		No Sweat	Deep Water@ 11:00AM	No Sweat	Deep Water@ 11:00AM	No Sweat	
11:15-12:00p							
12:30-1:15p		Fit & Swim		Fit & Swim		Fit & Swim	
1:30p-4:00p	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
4:00p-8:45p	CLOSED						CLOSED

NEW Main Pool Ettiquette:

Please take a cleansing shower before entering pool deck.

Masks will be worn at all times in the building. **EXCEPT** upon entering the water.

There is a maximum number of people in the pool area: 25 including staff.

There will be a limit of 2 swimmers per lane

Maximum number of people in a class will be 6 people.

The Locker rooms will be for showering before entering the pool only

All swimmers will bring everything they come with onto the pool deck, and leave items next to their designated spot on the pool deck.

We will remind everyone to try to stay at least 6ft part when possible.

Swimmers under the age of 18 must take a swim test.

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

YMCA CAPE COD

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