



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MAIN POOL SCHEDULE

Fall 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim & Water Exercise	5:30-9:00a 6 Lanes	5:30-9:00a 5 lanes	5:30-9:00a 6 lanes	5:30-9:00a 5 lanes	5:30-9:00a 6 lanes	7:00-9:00a 5 Lanes	
	9:00-10:30a 3 Lanes	9:00-12:00p 4 Lanes	9:00-10:30a 3 Lanes	9:00-11:30a 1 Lane	9:00-10:30a 3 Lanes	9:00-11:45a 1 Lane	Noon-4:45p 4 Lanes
	10:30-1:00p 4 lanes	12:00-1:00p 3 lanes	10:30-1:00p 4 lanes	11:30-12:00 5 lanes	10:30-1:00p 4 lanes	11:45-1:00p 5 lanes	
	1:00-2:00p 3 lanes	1:00-2:30p 5 lanes	1:00-2:00p 3 lanes	1:00-2:30p 5 lanes	1:00-2:00p 3 lanes	1:00-6:15p 4 Lanes	
	2:30-4:00p 1 lane	2:30-4:00p 1 lane	2:30-4:00p 1 lane	2:30-4:00p 1 lane	2:30-3:30p 1 lane		
	4:00-5:45p 1 lane	4:00-5:45p 1 lane	4:00-5:45p 1 lane	4:00-5:45p 1 lane	4:00-5:45p 3 lanes		
	5:45-6:45p 2 Lanes	5:45-6:45p 2 Lanes	5:45-6:45p 2 Lanes	5:45-6:45p 2 lanes	5:45-6:45p 2 lanes		
	7:45-8:45p 1 Lane	7:45-8:45p 1 Lane	7:45-8:45p 1 Lane	7:45-8:45p 1 Lane	7:45-8:45p 1 Lane		
BHS Swim Team	2:30-4:00p 5 lanes	2:30-4:00p 5 lanes	2:30-4:00p 5 lanes	2:30-4:00p 5 lanes	2:30-4:00p 5 lanes		
Open Rec	10:30-1:00p 1 lane	10:30-1:00p 1 lane	10:30-1:00p 1 lane	10:30-1:00p 1 lane	10:30-1:00p 1 lane	1:00-6:15p 2 Lanes	2:15-4:45p 2 Lanes
Swim Lessons	10:45-11:30a 1 Lane		10:45-11:15a 1 Lane			9:00-11:45 4 Lanes	12:00-1:30 2 lanes
	4:00-5:45 5 Lanes	4:00-5:45 5 Lanes	4:00-5:45 5 Lanes	4:00-5:45 5 Lanes	3:30-5:45p 2 lanes		
Water Fitness Classes	9:00-9:45a Fit and Swim 3 Lanes		9:00-9:45a Fit and Swim 3 Lanes		9:00-9:45a Fit and Swim 3 Lanes		
	9:45-10:30a No Sweat 3 Lanes		9:45-10:30a No Sweat 3 Lanes		9:45-10:30a No Sweat 3 Lanes		
	1:00-1:45p Fit and Swim 3 Lanes	Deep Water Aerobics 3 Lanes	1:00-1:45p Fit and Swim 3 Lanes	Deep Water Aerobics 3 Lanes	1:00-1:45p Fit and Swim 3 Lanes		1:30-2:15p Aqua Zumba
MAKOS Swim Team		5:30-7:00a 1 Lane		5:30-7:00a 1 Lane		7:00-9:00a 1 Lane	
	5:45-6:45p 4 Lanes	5:45-6:45p 4 Lanes	5:45-6:45p 4 Lanes	5:45-6:45p 4 Lanes	5:45-6:45p 4 Lanes		
	6:45-7:45p 6 Lanes	6:45-7:45p 6 Lanes	6:45-7:45p 6 Lanes	6:45-7:45p 6 Lanes	6:45-7:45p 6 Lanes		
	7:45-8:45p 5 Lanes	7:45-8:45p 5 Lanes	7:45-8:45p 5 Lanes	7:45-8:45p 5 Lanes	7:45-8:45p 5 Lanes		

BHS swim season will run from November 30th-February 19th

Monday-Friday Pool Closes at 8:45p

Saturday Pool Closes at 6:15p

Sunday Pool Closes at 4:45p

Main pool etiquette: 2/lane, split in half
3/lane, circle

YMCA CAPE COD

2245 IYANNOUGH ROAD, WEST BARNSTABLE MA 02668

508-362-6500 YMCACAPECOD.ORG

Please take a cleansing shower before entering

Swimmers under the age of 18 must take a swim test

last revision 11/20/2015