



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Lap Pool (9/5/2017-10/29/2017)

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	6 Lanes
8:45-9:45a		3 Lanes	4 Lanes	3 Lanes	6 Lanes	3 Lanes	2 Lanes
9:45-10:45a		3 Lanes	6 Lanes	3 Lanes	1 Lane	3 Lanes	2 Lanes
10:45-11:00a		6 Lanes	6 Lanes	4 Lanes	1 Lane	4 Lanes	2 Lanes
11:00-12:15p		6 Lanes	5 Lanes	4 Lanes	1 Lane	4 Lanes	2 Lanes
12:15-12:45p	5 Lane (POOL OPENS AT 12:00)	6 Lanes	6 Lanes	4 Lanes	6 Lanes	4 Lanes	4 Lanes
12:45-1:45p	4 Lanes	3 Lanes	3 Lanes	4 Lanes	3 Lanes	4 Lanes	4 Lanes
1:45-3:45p	4 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	4 Lanes
3:45-8:15p	6 Lanes (POOL CLOSSES AT 4:45)	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes (POOL CLOSSES AT 6:15pm)
8:15-8:45p		4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	

Free (with membership) Aqua Group Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:45-2:30p Aqua Zumba		9:00-9:45a Bootcamp				
		1:00-1:45p Deep Water Aerobics		1:00-1:45p Deep Water Aerobics		

Monday-Friday Pool Closes at 8:45p

Saturday Pool Closes at 3:45p

Sunday Pool Closes at 3:45p

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

