



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Lap Pool (6/26/17-8/20/17)

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

