



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

MAIN POOL SCHEDULE

Spring 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	
	9:00-2:15p 3 Lanes	9:00-2:15p 3 Lanes	9:00-2:15p 3 Lanes	9:00-11:30a 1 Lane	9:00-3:00p 3 Lanes	9:00-11:30a 1 Lane	Noon-4:45p 4 Lanes
	2:15-4:00p 5 Lane	2:15-4:00p 5 Lane	2:15-4:00p 5 Lane	11:30-4:00p 3 Lanes	3:00p-4:00p 5 Lane	1:00-6:15p 3 Lanes	
	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 1 Lane		
	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		
Open Rec						1:00-6:15p 2 Lanes	2:15-4:45p 2 Lanes
Swim Lessons	10:45-11:45a 1 Lane		10:45-11:45a 1 Lane			9:00-NOON 4 Lanes	
	4:00-5:45 4 Lanes	4:00-5:45 4 Lanes	4:00-5:45 4 Lanes	4:00-5:45 4 Lanes	4:00-5:45 4 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		
							1:30-2:15p Aqua Zumba
	1:00-1:45p Fit and Swim 2 Lanes		1:00-1:45p Fit and Swim 2 Lanes		1:00-1:45p Fit and Swim 2 Lanes		
MAKOS Swm Team		5:30-7:00a 1 Lane		5:30-7:00a 1 Lane		7:00-9:00a 1 Lane	
	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		
	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		

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

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

last revision 3/20/2015