



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

MAIN POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim	5:30-9:00a 5 Lanes	5:30-9:00a 5 lanes	5:30-9:00a 5 lanes	5:30-9:00a 5 lanes	5:30-9:00a 5 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	9:00-2:15p 3 Lanes	9:00-11:30a 1 Lane	Noon-4:45p 4 Lanes
				11:30-2:15p 3 Lanes		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 2 Lanes	7:45-8:45p 2 Lanes	7:45-8:45p 2 Lanes	7:45-8:45p 2 Lanes	7:45-8:45p 2 Lanes		
Open Water Exercise	5:30-9:00a 1 Lane	5:30-9:00a 1 Lane	5:30-9:00a 1 Lane	5:30-9:00a 1 Lane	5:30-9:00a 1 Lane	7:00a-9:00a 1 Lane	Noon-4:45p 2 Lanes
	9:00-2:15p 1 Lane	9:00-2:15p 1 Lane	9:00-2:15p 1 Lane	9:00-2:15p 1 Lane	9:00-2:15p 1 Lane	Noon-6:15p 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	9:00-9:45a Fit and Swim 2 Lanes		9:00-9:45a Fit and Swim 2 Lanes		9:00-9:45a Fit and Swim 2 Lanes		
	9:45-10:30a No Sweat 2 Lanes		9:45-10:30a No Sweat 2 Lanes		9:45-10:30a No Sweat 2 Lanes		
	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		
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		
MAKOS Swm Team	5:45-8:45p 3-6 Lanes	5:45-8:45p 3-6 Lanes	5:45-8:45p 3-6 Lanes	5:45-8:45p 3-6 Lanes	5:45-8:45p 3-6 Lanes		

Monday-Friday Pool Closes at 8:45p
Saturday Pool Closes at 6:15p
Sunday Pool Closes at 4:45p

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

YMCA CAPE COD

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