



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Small Warm Pool (6/25/17-8/20/2017)

Open Swim

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:45-3:45p	5:30-7:45a	5:30-8:45a	5:30-7:45a	5:30-8:45a	5:30-7:45a	7:00-8:00am
	12:15p-1:45p	1:30p-2:30p	12:15-2:30p	12:45-1:45p	12:15pm-1pm	1:30p-3:45p
	6:20p-7:00p	3:15p-4p	3:15p-4p	2:45pm-4p	2:30pm-3pm	
	8:15p-8:45p	6:20p-8:45p	8:15p-8:45p	7p-8:45p	6pm-8:45pm	

Free (with membership) Aqua Group Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-9:00a Aquathritis (must sign up for class)			1:45-2:30p YOQUA		
	11:30- 12:30p Aquathritis (must sign up for class)					

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

- *Please take a cleansing shower before entering
- *Parent must proactively supervise children
- *Non swimmers must be in floatation with a parent within hands reach at all times
- * All children under 8 must have a parent in pool with them

508-362-6500 YMCACAPECOD.ORG

