



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Lap Pool (04/22/2019 - 06/08/2019)

### 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	5 Lanes
8:45-10:00a		3 Lanes	3 Lanes	3 Lanes	6 Lanes	3 Lanes	2 Lanes
10:00-10:45a		3 Lanes	5 Lanes	3 Lanes	2 Lane	3 Lanes	2 Lanes
10:45-11:00a		5 Lanes	5 Lanes	5 Lanes	2 Lane	5 Lanes	2 Lanes
11:00-12:15p		5 Lanes	5 Lanes	5 Lanes	2 Lane	5 Lanes	2 Lanes
12:15-12:45p	5 Lane <b>(POOL OPENS AT 12:00)</b>	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	3 Lanes
12:45-1:45p	3 Lanes	3 Lanes	2 Lanes	3 Lanes	2 Lanes	3 Lanes	4 Lanes
1:45-2:30p	5 lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	5 Lanes	4 Lanes
2:30-3:30p	5 Lanes	4 Lane	3 Lane	4 Lane	3 Lane	4 Lane	4 Lanes
3:30-4:00p	2 Lanes	4 Lane	3 Lane	4 Lane	3 Lane	4 Lane	4 Lanes
4:00-6:00p	2 Lanes <b>(POOL CLOSSES AT 4:45)</b>	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	4 Lanes <b>(POOL CLOSSES AT 6:15pm)</b>
4:45 - 6:00p		2 Lanes	2 Lanes	2 Lanes	1 Lanes	2 Lanes	
6:00-8:30p		3 Lanes	2 Lanes	3 Lanes	1 Lanes	5 Lanes	
8:30-8:45p		6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	

### Aqua Group Exercise Classes (Free with Membership)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:45-1:30p Zumba	9:00-9:45a Fit to Swim		9:00-9:45a Fit to Swim		9:00-9:45a Fit to Swim	
	9:45-10:30a No Sweat (must sign up for these classes)		9:45-10:30a No Sweat (must sign up for these classes)		9:45-10:30a No Sweat (must sign up for these classes)	
	1:00-1:45p Fit to Swim (must sign up for class)	1:00-1:45p Deep Water Aerobics	1:00-1:45p Fit to Swim (must sign up for class)	1:00-1:45p Deep Water Aerobics	1:00-1:45p Fit to Swim (must sign up for class)	

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**