



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

SMALL POOL SCHEDULE

Summer 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Water Exercise	5:30-8:00a	5:30-9:00a	5:30-8:00a	5:30-9:00a	5:30-8:00a	7:00-8:30a	12:00-1:00p
	12:30-2:30p		12:30-1:00p	12:45-1:30p	12:30-2:00p		
	6:15-7:00p	6:15-7:00p	6:15-7:00p	6:15-7:00p	7:45-8:45p	1:30-3:45p	
Open Rec Swim	3:15-4:00p	3:15-4:00p	3:15-4:00p	2:30-4:00p	12:30-2:00p		1:00-2:45p
	7:45-8:45p	7:00-8:45p	7:45-8:45p	7:45-8:45p	5:45-7:45p	1:30-3:45p	
Birthday Parties						12:30-1:30p	
Cape Cod HealthCare		12:30p-1:30p		11:45-12:45p			
CCCD		1:30-2:30p	1:00-2:00p	1:30-2:30p			
Camp 132	2:30-3:15p	2:30-3:15p	2:30-3:15p		2:00-3:00p		
Children's Crossing		10:30-11:00a			9:45-11:00a		
Swim Lessons	9:00-11:15a	9:00-9:30a	9:00-11:15a	9:00-9:30a	9:00-11:15a	8:30-12:15p	
			2:45-3:15p				
	4:00-6:15p	4:00-6:15p	4:00-6:15p	4:00-6:15p	3:15-5:45p		
Water Fitness	8:00-9:00a		8:00-9:00a		8:00-9:00a		
	Aquathritis		Aquathritis		Aquathritis		
	11:30-12:30p	11:30-12:30p	11:30-12:30p		11:30-12:30p		
	Aquathritis	Aquathritis	Aquathritis		Aquathritis		
	7:00-7:45p		7:00-7:45p				
		Aquacize					2:45-3:30p Yoqua

Monday-Friday Pool Closes at 8:45p

Saturday Pool Closes at 6:30p

Sunday Pool Closes at 3:45p

Small Pool Etiquette

*Please note that at any time open rec and open water exercise may be sharing the pool

*Please take a cleansing shower before entering

*Parent must proactively supervise children

*Non swimmers must be in floatation with a parent/guardian within hands reach at all times

YMCA CAPE COD

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