



FOR YOUTH  
FOR HEALTH  
FOR SOCIAL

## Main Lap Pool (10/30/2017-12/17/2017)

### Lap Swim (number indicates available lanes)

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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
8:15-8:45a		6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
8:45-9:45a		3 Lanes	4 Lanes	3 Lanes	6 Lanes	3 Lanes
9:45-10:45a		3 Lanes	6 Lanes	3 Lanes	1 Lane	3 Lanes
10:45-11:00a		6 Lanes	6 Lanes	4 Lanes	1 Lane	4 Lanes
11:00-12:15p		6 Lanes	5 Lanes	4 Lanes	1 Lane	4 Lanes
12:15-12:45p	5 Lane <b>(POOL OPENS AT 12:00)</b>	6 Lanes	6 Lanes	4 Lanes	6 Lanes	4 Lanes
12:45-1:45p	4 Lanes	3 Lanes	3 Lanes	4 Lanes	3 Lanes	4 Lanes
1:45-2:30p	4 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
2:30-4:00p	6 Lanes <b>(POOL CLOSSES AT 4:45)</b>	1 Lanes	1 Lanes	1 Lanes	1 Lanes	1 Lanes
4:00-8:45p		4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1:45-2:30p Aqua Zumba		9:00-9:45a Bootcamp 1:00-1:45p Deep Water Aerobics		1:00-1:45p Deep Water Aerobics	

Monday-Friday Pool Closes at 8:45p

Saturday Pool Closes at 3:45p

Sunday Pool Closes at 3:45p

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 "c

When 2 swimmers are sharing a lane it can be split in tw

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

**DEVELOPMENT™  
Y LIVING  
RESPONSIBILITY**

Saturday
6 Lanes
6 Lanes
2 Lanes
2 Lanes
2 Lanes
2 Lanes
4 Lanes
4 Lanes
4 Lanes
4 Lanes <b>(POOL CLOSES AT 6:15pm)</b>

Saturday

circle swim"  
/o