



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Main Lap Pool (01/02/2018-02/18/2018)

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	6 Lanes
8:45-9:45a		3 Lanes	4 Lanes	3 Lanes	6 Lanes	3 Lanes	2 Lanes
9:45-10:45a		3 Lanes	6 Lanes	3 Lanes	1 Lane	3 Lanes	2 Lanes
10:45-11:00a		6 Lanes	6 Lanes	4 Lanes	1 Lane	4 Lanes	2 Lanes
11:00-12:15p		6 Lanes	5 Lanes	4 Lanes	1 Lane	4 Lanes	2 Lanes
12:15-12:45p	5 Lane (POOL OPENS AT 12:00)	6 Lanes	6 Lanes	4 Lanes	6 Lanes	4 Lanes	4 Lanes
12:45-1:45p	4 Lanes	3 Lanes	3 Lanes	4 Lanes	3 Lanes	4 Lanes	4 Lanes
1:45-2:30p	4 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	4 Lanes
2:30-4:00p	6 Lanes (POOL CLOSSES AT 4:45)	1 Lanes	1 Lanes	1 Lanes	1 Lanes	1 Lanes	4 Lanes (POOL CLOSSES AT 6:15pm)
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	Saturday
1:45-2:30p 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 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

*Barnstable High School Swim Team Swin 1/4/2018 6:00 pm - 8:45 p 1/24/2018 6:00 pm - 8:45 p
The large pool will closed during these tin 1/15/2018 6:00 pm - 8:45 p 1/26/2018 3:00 pm - 5:45 p