



FOR YOUTH DEVELOPMENT™
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Small Warm Pool (10/30/2017-12/17/2017) Open Swim

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:45-4:45p	5:30-7:45a	5:30-8:45a	5:30-7:45a	5:30-8:45a	5:30-7:45a	7:00-7:45a
	12:30-3:00p	1:30-3:00p	12:30-3:00p	12:45-1:40p	12:30-1:30p	1:30-3:30p
	7:45-8:45p	6:00-8:45p	7:45-8:45p	2:30-3:45p	6:00-8:45p	4:30-6:15p
				6:30-8:45p		

Free (with membership) Aqua Group Exercise Classes

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

