



FOR YOUTH DEVELOPMENT™  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Main Lap Pool (04/22/2018 - 06/09/2018)

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	5 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	2 Lane	3 Lanes	2 Lanes
10:45-11:00a		6 Lanes	6 Lanes	4 Lanes	2 Lane	4 Lanes	2 Lanes
11:00-12:15p		6 Lanes	5 Lanes	4 Lanes	2 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	5 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	4 Lanes
1:45-2:30p	2 lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes
2:30-3:30 p	6 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes
3:30-4:45 p	3 Lanes (POOL CLOSES AT 4:45)	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	4 Lanes (POOL CLOSES AT 6:15pm)
4:45 - 6:00p		2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	
6:00-7:00p		1 Lane	4 Lanes	1 Lane	1 Lane	4 Lanes	
7:00-8:45p		4 Lanes	4 Lanes	4 Lanes	4 Lanes	4 Lanes	

### Aqua Group Exercise Classes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1:45-2:30p Zumba	9:00-9:45a Fit to Swim	9:00-9:45a Aquaboot camp	9:00-9:45a Fit to Swim		9:00-9:45a Fit to Swim	
	1:00-1:45p Fit to Swim	1:00-1:45p Deep Water Aerobics	1:00-1:45p Fit to Swim	1:00-1:45p Deep Water Aerobics	1:00-1:45p Fit to Swim	

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