



FOR YOUTH DEVELOPMENT™  
 FOR HEALTHY LIVING  
 FOR SOCIAL RESPONSIBILITY

## Small Pool (10/28/2018-11/24/2018)

### 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
	1:00-3:00p	1:30-3:00p	1:00-3:00p	2:45-3:45p	1:00-3:00p	1:30-3:30p
	7:45-8:45p	6:30-8:45p	7:45-8:45p	6:30-8:45p	6:30-8:45p	4:30-6:15p

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00-8:45a Aquathritis (must sign up for class)		8:00-8:45a Aquathritis (must sign up for class)		8:00-8:45a Aquathritis (must sign up for class)	
	11:30-12:15 Aquathritis (must sign up for class)		11:30-12:15 Aquathritis (must sign up for class)	1:45-2:30p YOQUA	11:30-12:15 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

YMCA CAPE COD

2245 IYANNOUGH ROAD, WEST BARNSTABLE MA 02668

508-362-6500 YMCACAPECOD.ORG

#### Small Pool Etiquette:

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

**\* All pool times are subject to change with out notice**