



**FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SMALL POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Water Exercise	5:30-8:00	5:30-8:00	5:30-8:00	5:30-8:00	5:30-8:00	7:00-8:00a	Noon-1:00p
	12:30-1:30p	1:30-2:30p	12:30-1:30p	12:45-1:45p	12:30-1:30p		
Open Rec Swim	3:00-4:00p	2:30-4:00p	1:30-2:30p	1:45-4:00p	1:30-3:30	1:30-3:30p	1:00-2:45p
	6:30-7:00p	6:00-8:45p	6:30-7:00p	7:45p-8:45p	6:00-8:45p	4:30-6:15p	3:45-4:45p
Birthday Parties						12:30-1:30p	
						3:30-4:30p	
Cape Cod HealthCare	12:30-1:30p	12:30p-1:30p		11:45-12:45p			
Children's Crossing					9:45-11:00a		
Swim Lessons	8:00-11:30a	8:00-10:30a	8:00-11:30a	8:00-11:30a	8:00-9:45a	8-12:15p	
	4:00-6:45p	4:00-6:45p	4:00-6:45p	4:00-6:45p	4:00-6:45p		
Water Fitness	8:00-9:00a		8:00-9:00a		8:00-9:00a		
	Arthritis		Arthritis		Arthritis		
	11:30-12:30p	11:30-12:30p	11:30-12:30p		11:30-12:30p		
	Arthritis	Arthritis	Arthritis		Arthritis		
	7:00-7:45p		7:00-7:45p				
Aquacize		Aquacize					
7:45-8:30p		7:45-8:30p					
Aquacize		Aquacize					
		10:45-11:30a					2:45-3:30p
		YOQUA					

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

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updated 1/9/2015