



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Pool Schedule January 2<sup>nd</sup> through February 28<sup>th</sup>

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
Morning	2 lanes laps 8 to 12	Laps 5:45 to 7	Laps 5:45 to 7	Laps 5:45 to 7	Laps 5:45 to 7	Laps 5:45 to 7	Laps 6:30-8:30						
		2 lanes laps 7-8	2 lanes laps 7-8:30	2 lanes laps 7-8	2 lanes laps 7-8:30	2 lanes laps 7-8:30							
		Laps 8 to 9	Laps 8:30-9	Laps 8 to 9	Laps 8:30-9	Laps 8:30-9							
		Aqua Aerobics 9 to 10 a.m.	Rec Swim 9 to 10 a.m.	Laps, 1 lane 9-10	Aqua Aerobics 9 to 10 a.m.	Rec Swim 9 to 10 a.m.		Laps, 1 lane 9-10	Aqua Aerobics 9 to 10 a.m.				
Afternoon	Rec Swim 12-1:30	Laps 12-2	Laps 12:30-2:30	Laps 12-2	Laps 12:30-2:30	Laps 12-2	Rec Swim 12:30-1:30						
	2 lanes laps 1:30-5:30						Laps, 1 lane 12-1:30	Laps, 1 lane 12:30-1:30					
	Evening						Laps 5:30-6:30	Rec, 1 lane 5:30-6:30	Laps 5:30-6:30	Rec, 1 lane 5:30-6:30	Laps 5:30-6:30	Rec, 1 lane 5:30-6:30	Laps 3:45-5:30
							Laps, 1 lane 6:30-8:30	Laps, 1 lane 6:30-8:30	Laps, 1 lane 6:30-8:30	Laps, 1 lane 6:30-8:30	Laps, 1 lane 6:30-8:30	Laps, 1 lane 6:30-7:30	
	Laps 8:30-9:30 p.m.	Laps 8:30-9:30 p.m.	Laps 8:30-9:30 p.m.	Laps 8:30-9:30 p.m.	Laps 8:30-9:30 p.m.								

We do not allow any diving or head first water entries.

Pool schedule is subject to change without notice.

Swim caps are mandatory.

We close thirty minutes before the building closes on holidays.

Please email [aquatics@cambymca.org](mailto:aquatics@cambymca.org) to be emailed new schedules or pool updates.

CAMBRIDGE YMCA

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