



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule September 4th through December 31st 2018

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	2 lanes laps 9:30 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.	Aqua Aerobics 9 to 10 a.m.	Rec Swim 9 to 10 a.m.	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 5-5:30	Laps, 1 lane 5-5:30	Laps, 1 lane 5-5:30	Laps, 1 lane 5-5:30	Laps, 1 lane 5-5:30	Laps 3:45-5:30
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, 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 to be emailed new schedules or pool updates.

CAMBRIDGE YMCA

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