

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30 - 7:00 am	5:30 - 7:00 am	5:30 - 7:00 am	5:30 - 7:00 am	5:30 - 7:00 am	7:00 - 8:00 am
6:00 - 11:30 am	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Bluefish (6)
Lap Swim (6)	Bluefish (3)	Bluefish (3)	Bluefish (3)	Bluefish (3)	Bluefish (3)	
	7:00 - 7:55 am	7:00 - 7:55 am	7:00 - 7:55 am	7:00 - 7:55 am	7:00 - 7:55 am	8:00 - 8:30 am
	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Lap Swim (6)	Bluefish (3)
Noon - 1:00 pm	7:45 - 8:40 am	8:00 - 9:15 am	7:45 - 8:40 am	8:00 - 9:15 am	7:45 - 8:40 am	
Open Swim	Water Works	Senior Swim	Water Works	Senior Swim	Water Works	8:00 - 8:30 am
	7:45 - 9:15 am		7:45 - 9:15 am		7:45 - 9:15 am	Lap Swim (3)
	Senior Swim		Senior Swim		Senior Swim	
1:15 - 2:15 pm	8:00 - 8:30 am	8:00 - 8:30 am	8:00 - 8:30 am	8:00 - 8:30 am		8:30 am - Noon
Rental	CECS Lessons	CECS Lessons	CECS Lessons	CECS Lessons		Lap Swim (6)
	8:45 am - Noon	8:45 am - Noon	8:45 am - Noon	8:45 - 9:30 am	10:00 - 11:00 am	
	Camp Lessons	Camp Lessons	Camp Lessons	Camp Lessons	CECS Lessons	
2:15 - 3:15 pm	Noon - 1:15 pm	Noon - 1:15 pm	Noon - 1:15 pm	10:00 am - 2:30 pm	10:00 am - 1:30 pm	
Open Swim	Lap Swim (4-6)	Lap Swim (4-6)	Lap Swim (4-6)	Lap Swim (4-6)	Lap Swim (3-6)	
With Inflatable						
	Camp Swim	Pace,Race,Chase	Camp Swim		11:30 am - 12:30 pm	
3:30 - 5:30 pm	1:30 - 2:30 pm	1:00 - 2:00 pm	1:30 - 2:30 pm		Pace,Race,Chase (3)	
Lap Swim (6)	2:45 - 3:45 pm	2:45 - 3:45 pm	2:45 - 3:45 pm	2:45 - 3:45 pm		
	Open Swim	Open Swim	Open Swim	Open Swim	1:30 - 2:30	
			With Inflatable	With Inflatable	Camp Swim	
	4:00 - 5:30 pm	4:00 - 5:30 pm	4:00 - 5:30 pm	4:00 - 5:30 pm	3:00 - 5:00 pm	
	Bluefish	Bluefish	Bluefish	Bluefish	Bluefish	
	5:30 - 7:00 pm	5:30 - 6:45 pm	5:30 - 7:00 pm	5:30 - 6:45 pm	5:30 - 7:00 pm	
	Lap Swim (6)	Lap Swim (3)	Lap Swim (6)	Lap Swim (3)	Lap Swim (6)	
		Coast Endurance (3)		Coast Endurance (3)		
		6:45 - 7:00 pm		6:45 - 7:00 pm		
		Lap Swim (6)		Lap swim (6)		

WHIRLPOOL ONLY AVAILABLE DURING LAP, OPEN AND SENIOR SWIM.

VISIT WWW.CAPECOMMUNITYSERVICES.ORG FOR SCHEDULE UPDATES DURING HOLIDAYS AND SCHOOL VACATION WEEKS.