



Lyndon P. Lorusso YMCA  
 2245 Iyannough Road  
 West Barnstable, MA 02668

## December 1st - December 31st LARGE POOL SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	4	6	3	6	4	Closed	Closed
7:00 AM	4	6	3	6	4	6 @ 7:30	
8:00 AM	6	6	5	6	5	4	
9:00 AM	3	3	3 or 1*	3	3 or 1*	4	
10:30AM	6	6	6	6	6	0	2
11:00 AM	3	6	3	6	6	0	2
12:00 PM	6	6	6	6	6	0	2
1:00 PM	6	6	6	6	6	1	2
2:00 PM	1@ 2:30	1@ 2:30	1@ 2:30	1@ 2:30	1@ 2:30	1	2
3:00 PM	1	1	1	1	1	1	Closed 2:45 PM
4:00 PM	1	1	1	1	1	Closed 3:15 PM	
5:00 PM	2	2	2	2	3		
6:00 PM	1	2	1	2	4		
7:00 PM	2	1	2	1	4		
8:15 PM	All pools close at 8:15pm						

LARGE POOL WATER FITNESS					
	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM - 9:45AM	Fit & Swim Barbara	Aqua Deep Water Shannon	Fit & Swim Barbara	Aqua Deep Water Shannon	
10:00AM - 10:30 AM	No Sweat Barbara	Aqua Aerobics Shannon	No Sweat Barbara	Aqua Aerobics Shannon	

*BHS Lifeguarding Course 8:45am-9:45am					
	Monday	Tuesday	Wednesday	Thursday	Friday
December 4th			1		
December 18th			1		

Banstable High School Swim Team Practices begin on Monday, December 2nd  
 BHS Meets Scheduled: Tuesday December 17th & 30th.  
**The pool will be CLOSED from 1:45-6pm for BHS Swim Meet**

\*\* Pool schedule is subject to change based on staff availability & programming needs