



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

LARGE POOL SCHEDULE

January 1st - January 31st

	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
2:30 PM	1	1	1	1	1	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
January 15th			2		
January 24th					2
January 29th			2		

Banstable High School Swim Team Practices begin on Monday, December 2nd.
 On days the Y is hosting a swim meet, the pool will be CLOSED from 1:45 - 6pm.

BHS Meets Scheduled: Jan. 7th & 23rd

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