



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

## SMALL POOL SCHEDULE

June 1st to June 30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Aquathritis	Water Exercise	Aquathritis	Cardio, Strength & Core	Aquathritis	Swim Lessons	
9:00 AM	CLOSED						
10:00 AM	Open Swim	Open Swim	Open Swim	Swim Lessons	Open Swim		Open Swim @ 10:30 pm
11:00 AM	CLOSED						
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis		Closed @ 12:30 pm
12:15 PM	CLOSED						
1:00 PM	CLOSED	Open Swim	Open Swim	CLOSED		Open Swim	CLOSED
2:00 PM				CLOSED			
3:00 PM				CLOSED			
4:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	LPL After School Program	CLOSED		
5:30 PM				Open Swim			
6:30 PM	Water Exercise @ 6:45 pm			Water Exercise @ 6:45 pm			

**\* Pool schedule is subject to change at anytime  
due to staff availability and/or programming needs.**

Updated 5/28/25