



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

LARGE POOL SCHEDULE

June 20th to June 30th

Numbers represent lane availability each hour

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

LARGE POOL WATER FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
9:00AM - 9:45AM	Fit & Swim	Aqua Deep Water	Fit & Swim	Aqua Deep Water	Aqua Deep Water
9:45AM - 10:30 AM	No Sweat	Aqua Aerobics	No Sweat	Aqua Aerobics	Aqua Aerobics

TOWN OF YARMOUTH

	Monday	Tuesday	Wednesday	Thursday	Friday
June 9th - 13th	1	1	1	1	1
June 16th - 20th	1	1	1	1	1

*IMPORTANT NOTES:

*Cape Cod Swim Club, Town of Yarmouth, and/or Swim lessons are using multiple lanes. Availability is subject to change at anytime due to programming and lifeguard requirements.

Updated 06/16/25