



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

LARGE POOL SCHEDULE

July 1st – July 31st

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	2 @ 7:30	
8:00 AM	6	6	6	6	6	2	
9:00 AM	3	3	3	3	3	2	
10:30AM	6	5	6	6	6	3	3
11:00 AM	6	5	6	6	6	6	3
12:00 PM	6	6	6	6	6	6	2
1:00 PM	6	6	6	6	6	6	2
2:30 PM	6	6	6	6	6	6	6 @ 1:45
3:00 PM	6	6	6	6	6	6	Closed @ 2:45 PM
4:00 PM	2	2	3	2	3	Closed @ 3:15 PM	
5:00 PM	1	2	1	2	1		
6:00 PM	1	2	1	2	1		
7:00 PM	6	3	6	3	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

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

Updated 06/30/25