



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

SMALL POOL SCHEDULE

July 1st to July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 AM	Aquathritis	Water Exercise	Aquathritis	Cardio, Strength & Core	Aquathritis	Swim Lessons		
9:00 AM	CLOSED		Open Swim	Open Swim	CLOSED			
10:00 AM	YMCA Day Camp							Open Swim @ 10:30 am
11:00 AM	CLOSED							Closed @ 12:30 pm
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis			
12:15 PM	CLOSED							
1:00 PM	YMCA Day Camp					Open Swim	CLOSED	
2:00 PM	CLOSED			CLOSED	CLOSED			
3:00 PM	CLOSED			Swim Lessons				
4:00 PM	Swim Lessons	Swim Lessons	Swim Lessons					
5:30 PM								
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 6/30/25