



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

## LARGE POOL SCHEDULE

August 1st - August 24th

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 will be on regular lane usage schedule until 8/9. They will be on break from 8/10 thru 9/1.

\*Swim lessons will be on regular lane usage schedule.

\*All Pools will be closed for maintenance from 8/25 thru 9/1.

\*Availability is subject to change at anytime due to programming and lifeguard requirements.

Updated 07/30/25