



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

## SMALL POOL SCHEDULE

August 1st – August 24th

	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							
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis			Closed @ 12:30 pm
12:15 PM	CLOSED							
1:00 PM	YMCA Day Camp							
2:00 PM	CLOSED			CLOSED	CLOSED	Open Swim	CLOSED	
3:00 PM	Swim Lessons	CLOSED		Swim Lessons				
4:00 PM								
5:30 PM								
6:30 PM	Water Exercise @ 6:45 pm	Swim Lessons	Water Exercise @ 6:45 pm	Swim Lessons				

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

Updated 7/28/25