



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

## LARGE POOL SCHEDULE

Sept. 3rd – Sept. 30th

Numbers represent lane availability each hour

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	4	6	4	6	4	Closed	Open @ 10am
7:00 AM	6	6	6	6	6	2 @ 7:30	
8:00 AM	6	6	6	6	6	2	
9:00 AM	3	3	3	3	3	2	
10:30AM	6	6	6	6	6	3	3
11:00 AM	6	6	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	2*	2*	3*	2*	3*		
6:00 PM	0*	2*	2*	2*	2*		
7:00 PM	2*	2*	2*	2*	2*		
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.
*Swim lessons will be on regular lane usage schedule.
*All Pools will be closed for maintenance from 8/25 – 9/3
*Availability is subject to change at anytime due to programming and lifeguard requirements.

Updated 8/21/25