



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

SMALL POOL SCHEDULE

Sept. 3rd - Sept. 30th

	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	CLOSED						Open Swim @ 10:30 am
11:00 AM							
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis		
12:15 PM	CLOSED					Closed @ 12:30 pm	
1:00 PM							
2:00 PM							
3:00 PM	Swim Lessons	Swim Lessons		Swim Lessons	CLOSED		CLOSED
4:00 PM							
5:30 PM							
6:30 PM	Water Exercise @ 6:45 pm	Swim Lessons	Water Exercise @ 6:45 pm	Swim Lessons	CLOSED		CLOSED

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

Updated 8/28/25