



Lyndon P. Lorusso YMCA  
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West Barnstable, MA 02668

## LARGE POOL SCHEDULE

Oct. 1st - Oct. 31st

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      | 6@ 7:30             |                     |
| 8:00 AM  | 6                         | 6        | 6         | 6         | 6      | 5                   |                     |
| 9:00 AM  | 3                         | 3        | 3         | 3         | 3      | 5                   |                     |
| 10:30AM  | 6                         | 6        | 6         | 6         | 6      | 2@10:15             | 2@10:15             |
| 11:00 AM | 6                         | 6        | 6         | 6         | 6      | 2                   | 2                   |
| 12:00 PM | 6                         | 6        | 6         | 6         | 6      | 2                   | 2                   |
| 1:00 PM  | 6                         | 6        | 6         | 6         | 6      | 2                   | 2                   |
| 2:30 PM  | 6                         | 6        | 6         | 6         | 6      | 2                   | 2                   |
| 3:00 PM  | 6                         | 6        | 6         | 6         | 6      | 2                   | Closed @<br>2:45 PM |
| 4:00 PM  | 2*                        | 2*       | 3*        | 2*        | 3*     | Closed @<br>3:15 PM |                     |
| 5:00 PM  | 2*                        | 2*       | 3*        | 2*        | 3*     |                     |                     |
| 6:00 PM  | 0*                        | 2*@ 6:10 | 2*        | 2* @ 6:10 | 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.

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

Updated 9/29/25