



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

SMALL POOL SCHEDULE

Oct. 1st - Oct. 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00	Aquathritis	Water Exercise	Aquathritis	Cardio, Strength & Core	Aquathritis	Swim Lessons	
9:00	CLOSED						
10:00	CLOSED	Open Swim 10am - 11am	Open Swim 10am - 11am	CLOSED			Open Swim @ 10:30 am
11:00							
11:15	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis		
12:15 PM	CLOSED						Closed @ 12:30 pm
1:00 PM	Open Swim 1pm - 3pm	CLOSED		Open Swim 1pm - 3pm	CLOSED	Open Swim until 3:15pm	CLOSED
2:00 PM							
3:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	CLOSED			
4:00 PM							
5:30 PM							
6:30 PM	Water Exercise @ 6:45 pm		Water Exercise @ 6:45 pm				

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

***Monday, October 13th: There will be no Open Swim in the Small Pool**

Updated 9/30/25