



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

LARGE POOL SCHEDULE

Dec. 1st – Dec. 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 or 0*	2@10:15
11:00 AM	6	6	6	6	6	2 or 0*	2
12:00 PM	6	6	6	6	6	2 or 0*	2
1:00 PM	6	6	6	6	6	2	2
2:30 PM	1	1	1	1	1	2	2
3:00 PM	1	1	1	1	1	2	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*@ 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/Barnstable Highschool Swim Team (BHS) 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.
 *Dec. 6th – Cape Cod Swim Club will be using all 6 lanes from 10:30am – 12:30pm.
 *Dec. 24th – Christmas EVE (Closing at 2:45pm)
 *Dec. 25th – Christmas(CLOSED)
 *Dec. 31st – New Year's Eve (Closing at 2:45pm)
 *Jan. 1st – New Year (CLOSED)

Updated 11/20/25