



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

## SMALL POOL SCHEDULE

Dec. 1st – Dec. 31st

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

### \*IMPORTANT NOTES:

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