



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

SMALL POOL SCHEDULE

Jan. 1st – Jan. 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Aquathritis	Water Exercise	Aquathritis	Cardio, Strength & Core	Aqua Core & Strength		
9:00 AM				CLOSED			
10:00 AM	CLOSED	Open Swim 10am - 11am	Open Swim 10am - 11am	School Program	CLOSED	Swim Lessons	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			Open Swim 1pm - 3pm		Open Swim until 3:00pm	
2:00 PM							
3:00 PM							
4:00 PM	Swim Lessons		Swim Lessons		Swim Lessons		CLOSED
5:30 PM		Swim Lessons					
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.
*No Open Swim on 1/8/26 (Swim Meet)