



Lyndon P. Lorusso YMCA  
2245 Iyannough 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	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.**

**\*No Open Swim on 1/8/26 ( Swim Meet)**

Updated 12/18/25