



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

LARGE POOL SCHEDULE

Jan. 1st - Jan. 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	
4:00 PM	2*	2*	2*	2*	3*	Closed @ 3:15 PM	Closed @ 2:45 PM
5:00 PM	2*	2*	2*	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 Dance Aerobics	No Sweat	Aqua Aerobics	Aqua Dance 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.
- *Jan. 1st - CLOSED for New Year
- *Jan. 6th - BHS SWIM MEET will be using all 6 lanes from 2:30pm - 4:30pm.
- *Jan. 8th - BHS SWIM MEET will be using all 6 lanes from 2:30pm - 4:30pm.

Updated 12/18/25