



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

LARGE POOL SCHEDULE

Apr. 1st – Apr. 30th

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 or 1*	3 or 1*	3 or 1*	3 or 1*	3 or 1*	5	
10:30 AM	6 or 4*	6 or 4*	6	6	6 or 4*	2 or 0*	2@10:15
11:00 AM	6 or 4*	6 or 4*	6	6	6 or 4*	2 or 0*	2 or 0*
12:00 PM	6 or 4*	6 or 4*	6 or 4*	6	6 or 4*	2 or 0*	2 or 0*
1:00 PM	6 or 4*	6 or 4*	6 or 4*	6	6 or 4*	2	2 or 0*
2:30 PM	6 or 4*	6 or 4*	6	6	6	2	2 or 0*
3:00 PM	5 or 3*	5 or 3*	5	5	6	2	Closed @ 3:15 PM
4:00 PM	2*	2*	2*	2*	3*		
5:00 PM	2*	2*	2*	2*	3*		
6:00 PM	0*	1*	2*	1*	2*		
7:00 PM	1*	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:	
<p>*Pool schedule is subject to change at anytime due to staff availability and/or programming needs.</p> <p>*Cape Cod Swim Club will be on regular lane usage schedule.</p> <p>*Swim lessons will be on regular lane usage schedule.</p> <p>*OLAG will use 2 lanes on 4/15 & 4/29 .</p> <p>*WSI Class will use 2 lanes on 4/26, 5/3 and 5/10.</p> <p>*Lifeguard Classes will use 2 lanes on 4/19 & 4/20 from 9:00am-5:00pm & 4/21 from 10:00am-3:30pm.</p>	

Updated 3/31/26