



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

SMALL POOL SCHEDULE

April 1st - April 30th

	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	CLOSED	CLOSED		Open Swim @ 10:30 am
11:00 AM							
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis		
12:15 PM	CLOSED						
1:00 PM	CLOSED	CLOSED		CLOSED	CLOSED	Open Swim until 3:00pm	
2:00 PM	Open Swim 2pm-3pm	CLOSED		Open Swim 2pm-3pm			
3:00 PM		CLOSED					
4:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	LPL After School Program 4pm - 5pm	CLOSED	CLOSED
5:30 PM							
6:30 PM	Water Exercise @ 6:45 pm		Water Exercise @ 6:45 pm		CLOSED		

*IMPORTANT NOTES:

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

Updated 3/31/26