



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

LARGE POOL SCHEDULE

May. 1st- May 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	3@ 8:45	
9:00 AM	3	3	3	3	3	3	
10:30 AM	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	6	6	6	6	6	2	2
3:00 PM	5	5	5	5	6	2	Closed @ 3:15 PM
4:00 PM	2*	2*	2*	2*	3*	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:

- *Pool schedule is subject to change at anytime due to staff availability and/or programming needs.
- *Cape Cod Swim Club will be on regular lane usage schedule.
- *Swim lessons will be on regular lane usage schedule.
- *Town of Barnstable is using 3 lanes on 5/9 & 5/30 from 8:45am to 10:45am.
- *Town of Dennis is using 2 lanes on 5/16 from 10:00am to 12:00pm.
- *Lap swimming will be closed on 5/3 & 5/10 due to our WSI class.

Updated 4/30/26