



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

## SMALL POOL SCHEDULE

May 1st- May 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    | 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 4/30/26