



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

LARGE POOL SCHEDULE

June 1st- June 26th

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* | 1 |
| 12:00 PM | 6 | 6 | 6 | 6 | 6 | 2 or 0* | 1 |
| 1:00 PM | 6 | 6 | 6 | 6 | 6 | 2 | 1 |
| 2:30 PM | 6 | 6 | 6 | 6 | 6 | 2 | 1 |
| 3:00 PM | 5 | 5 | 5 | 5 | 6 | 2 | Closed @ 3:15 PM |
| 4:00 PM | 2* | 2* | 2* | 1* | 3* | Closed @ 2:45 PM | |
| 5:00 PM | 2* | 2* | 2* | 1* | 3* | | |
| 6:00 PM | 0* | 2*@ 6:10 | 2* | 1* @ 6:10 | 2* | | |
| 7:00 PM | 2* | 2* | 2* | 1* | 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 Yarmouth is using 1 lane every Thursdays (4:00pm-8:30pm) and Sundays (11:00am- 2:45pm).