



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

LARGE POOL SCHEDULE

August 1st -August 31st

Numbers represent lane availability each hour

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	3	6	3	6	3	Closed	Open @ 10am
7:00 AM	3	6	3	6	3	2@ 7:30	
8:00 AM	6	6	6	6	6	1	
9:00 AM	3	3	3	3	3	2 @ 9:30	
10:30AM	6	6	6	6	6	2 or 0*	2@10:15
11:00 AM	6	6	6	6	6	4*	2
12:00 PM	6	6	6	6	6	4*	2
1:00 PM	6	6	6	6	6	2	6
2:30 PM	6	6	6	6	6	2	6
3:00 PM	5	6	6	5	6	2	Closed @ 2:45 PM
4:00 PM	2*	2*	6	1*	3*	Closed @ 3:15 PM	
5:00 PM	1*	1*	3*	0*	2*		
6:00 PM	0*	2*	2*	1*	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.

Updated 7/28/26