



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

SMALL POOL SCHEDULE

June 27th - to July 31st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Aquathritis	Water Exercise	Aquathritis	Cardio, Strength & Core	Aquathritis	Swim Lessons	Open Swim @ 10:30 am
9:00 AM	Open Swim	Open Swim	Open Swim	Open Swim	CLOSED		
10:00 AM	YMCA Day Camp						
11:00 AM	CLOSED						
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis		
12:15 PM	CLOSED					Open Swim	Closed @ 12:30 pm
1:00 PM	YMCA Day Camp						
2:00 PM	CLOSED			CLOSED	CLOSED		
3:00 PM	Swim Lessons	CLOSED		Swim Lessons			
4:00 PM		Swim Lessons	Swim Lessons				
5:30 PM	Swim Lessons		Swim Lessons				
6:30 PM	Water Exercise @ 6:45 pm	Swim Lessons	Water Exercise @ 6:45 pm	Swim Lessons			

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

Updated 7/1/26