



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

SMALL POOL SCHEDULE

Sep. 1st - Sep.30th

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:00 AM	Aquathritis	Water Exercise	Aquathritis	Cardio, Strength & Core	Aquathritis	Swim Lessons		
9:00 AM	CLOSED						Open Swim @ 10:30 am	
10:00 AM	Open Swim				CLOSED			Closed @ 12:15 pm
11:00 AM								
11:15 AM	Aquathritis	Aqua Yoga	Aquathritis	Aqua Yoga	Aquathritis			
12:15 PM	CLOSED							
1:00 PM								
2:00 PM	CLOSED			CLOSED	CLOSED	Open Swim	CLOSED	
3:00 PM	Swim Lessons	CLOSED		Swim Lessons				
4:00 PM								Swim Lessons
5:30 PM		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 8/27/26