



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

## LARGE POOL SCHEDULE

Oct. 1st – Oct. 31st

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                   |                     |
| 10:30AM  | 6                         | 6       | 6         | 6        | 6      | 2*                  | 2@10:15             |
| 11:00 AM | 6                         | 6       | 6         | 6        | 6      | 2*                  | 2*                  |
| 12:00 PM | 6                         | 6       | 6         | 6        | 6      | 2*                  | 2*                  |
| 1:00 PM  | 6                         | 6       | 6         | 6        | 6      | 2*                  | 2*                  |
| 2:30 PM  | 6                         | 6       | 6         | 6        | 6      | 2*                  | 2*                  |
| 3:00 PM  | 6                         | 6       | 6         | 6        | 6      | 2*                  | Closed @<br>2:45 PM |
| 4:00 PM  | 2*                        | 2*      | 2*        | 2*       | 3*     | Closed @<br>3:15 PM |                     |
| 5:00 PM  | 1*                        | 1*      | 1*        | 1*       | 2*     |                     |                     |
| 6:00 PM  | 1*                        | 1*      | 1*        | 1*       | 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        | Aqua Zumba | Aqua Dance<br>Aerobics | No Sweat   | Aqua Aerobics   | Aqua Dance<br>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.
- \*Cape Cod Swim Club mentor practice will use ALL LANES on 10/10/26 from 10:30am-1:40pm.

Updated 9/30/26