



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

SMALL POOL SCHEDULE

Oct. 1st – Oct. 31st

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

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

9/28/26 Updated