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

LARGE POOL SCHEDULE

Nov. 1st – Nov. 29th

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 @ 2:45 PM
4:00 PM	2*	3*	2*	2*	3*	Closed @ 3:15 PM	
5:00 PM	1*	2*	1*	1*	2*		
6:00 PM	1*	2*	1*	1*	2*		
7:00 PM	2*	3*	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 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 10/30/26