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

SMALL POOL SCHEDULE

Nov. 1st – Nov. 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						
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						CLOSED	
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.**

10/30/26 Updated