



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

## March 4th - March 31st

### LARGE POOL SCHEDULE

LARGE POOL SCHEDULE							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM	4	6	4	6	4	CLOSED	CLOSED
7AM	6	6	6	6	6	6 @ 7:30	
8AM	6	6	6	6	6	6	
9AM	3	3	3	3	3	6	
10AM	6 @ 10:30	6 @ 10:30	6 @ 10:30	6 @ 10:30	6 @ 10:30	2 @ 10:45	2 @ 10:15
11AM	6	6	5	6	6	2	2
12PM	6	6	6	6	6	2	2
1PM	6	6	6	6	6	2	2
2PM	6	6	6	6	6	2	2
3PM	6	6	6	6	6	2	CLOSED @ 2:45
4PM	0	2	0 @ 4:30	2	2	CLOSED @ 3:15	
5PM	0	2	0	2	2		
6PM	0	2	0	2	2		
7PM	0	2	2	2	2		
8:15 PM	CLOSED						

### LARGE POOL WATER FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday
9-9:45AM	Fit & Swim Barbara	Aqua Deep Water Shannon	Fit & Swim Barbara	Aqua Deep Water Shannon	
9:45-10:30 AM	No Sweat Barbara	Aqua Aerobics Shannon	No Sweat Barbara	Aqua Aerobics Shannon	



\* Pool schedule is subject to change based on staff availability & programming needs

Updated 2/26/24