



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

April 1st-May25th

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 4/1/24