



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

January 2 – March 3

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	1 @ 2:30	1 @ 2:30	1 @ 2:30	1 @ 2:30	1 @ 2:30	2	2
**3PM	1	1	1	1	1	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	

**** Barnstable High School Swim Team Practices begin Monday, November 27th
BHS Meets Scheduled: Friday January 12 & 19 and February 2, 2024
Pool will be CLOSED from 1:45-6pm for BHS Swim Meets**

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

Updated 12-27-23