



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

# SMALL POOL SCHEDULE

November 1st - November 30th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
8:00 AM	Aquathritis Barbara	Aqua Core & Strength Shannon	Aquathritis Barbara	Water Exercise Susan	Aquathritis Patti	Swim Lessons 8am-1pm		
9:00 AM	CLOSED							
10:00 AM	OPEN SWIM	OPEN SWIM	OPEN SWIM	CCX Swim Lessons	OPEN SWIM			
10:30 AM	Closed 11:00-11:15							
11:00 AM	Closed 11:00-11:15							Open Swim Closed @ 12:30 pm
11:15 AM	Aquathritis Barbara 11:15am	Aqua Yoga Kay Outwin 11:15- 12:15	Aquathritis Barbara 11:15am	Aqua Yoga Kay Outwin 11:15-12:15	Aquathritis Sandra 11:15am			
12:15 PM	CLOSED to Members 12:15-3pm							Open Swim Closed @3pm
1:00 PM	CLOSED to Members 12:15-3pm							
3:00 PM	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	CLOSED			CLOSED
4:00 PM					WB After School Program			
5:30 PM					OPEN SWIM			
6:30 PM - 7:30PM					Water Exercise Susan @6:45-7:30	Water Exercise Susan @6:45-7:30	CLOSED	

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

Updated 10/31/24 AC