

LANSDOWNE BRANCH POOL SCHEDULE

Effective: February 26, 2024



MONDAY & Wednesday

TIME	ACTIVITY
5:05-8:40am	Lap Swim/Water Walking
12:00-2:00pm	Lap Swim/Water Walking
2:45-3:45pm	Open Swim/ Lap Swim (3 Lanes)
8:00-8:45pm	Open Swim/Lap Swim (3 Lanes)

Tuesday & Thursday

TIME	ACTIVITY
5:05-8:45am	Lap Swim/Water Walking
12:00-2:00pm	Lap Swim/Water Walking
2:00-4:45pm	Open Swim/Lap Swim (3 Lanes)
8:00-8:45pm	Open Swim/Lap Swim (3 Lanes)

Friday

TIME	ACTIVITY
5:05-8:45am	Lap Swim/Water Walking
12:00-2:00pm	Lap Swim/Water Walking
2:45-3:30pm	PFD Free Swim/Lap Swim (3 Lanes)
8:00-8:45pm	Open Swim/Lap Swim (3 Lanes)

SATURDAY

TIME	ACTIVITY
6:05-8:30am	Lap Swim/Water Walking
2:00-4:30pm	Open Swim/Lap Swim (3 Lanes)

SUNDAY

TIME	ACTIVITY
8:05-8:50am	Lap Swim/Water Walking
1:00-4:30pm	Open Swim/Lap Swim (3 lanes)

PFD Swim- Free Swim offers red band swimmers to swim without a life jacket. One parent per child.

Aqua Fitness

Monday

8:45am - Deep Water Aquacise
9:30am- Aqua Zumba
2:00pm - Aqua Aerobics

Tuesday

9:00am - Aqua Aerobics
10:00am - Silver Sneakers

Wednesday

2:00pm - Aqua Aerobics

Thursday

9:00am - Aqua Aerobic
10:00am - Silver Sneakers

Friday

9:30am - Deep Water Aquacise*
(Starting in February)
2:00pm - Aqua Aerobics

NOTES:

- Our pools are open to Community YMCA members at the times listed.
- Member reciprocity (non-CYEDC branches) and guests are not permitted during open swim session.
- Lap Swim – open to adult members and youth members who have passed the green band test and are swimming laps.
- Water Walking – open to adult members for exercise in an open part of the pool.
- Open Swim – open to all Community YMCA members.
- Swim test and identifying wristbands are required for swimmers under 18 years old.
- Parent or Guardian (18+ years old) are required in the pool with all red band swimmers, who wear PFDs.
- One adult may have no more than two red band swimmers for whom they are responsible for in the water.
- Parent or Guardian (18+ years old) are required to remain on the pool deck to supervise swimmers 11 years and under, regardless of wristband color.