

LANSDOWNE BRANCH POOL SCHEDULE

Effective: June 16, 2025 – August 24, 2025



Monday TIME ACTIVITY

5:05 – 8:40am Lap Swim/Water Walking
1:15 – 3:00pm Lap Swim/Water Walking
4:45 – 7:30pm Open Swim
7:45 – 8:45pm Lap Swim/Water Walking

Tuesday TIME ACTIVITY

5:05 – 8:40am Lap Swim/Water Walking
11:30 – 2:00pm Lap Swim/Water Walking
4:45 – 7:30pm Open Swim
7:45 – 8:45pm Lap Swim/Water Walking

Wednesday TIME ACTIVITY

5:05 – 8:40am Lap Swim/Water Walking
11:45 – 2:30pm Lap Swim/Water Walking
4:45 – 7:30pm Open Swim
7:45 – 8:45pm Lap Swim/Water Walking

Thursday TIME ACTIVITY

5:05 – 8:20am Lap Swim/Water Walking
1:15 – 3:30pm Lap Swim/Water Walking
4:30 – 7:30pm Open Swim
7:45 – 8:45pm Lap Swim/Water Walking

Friday TIME ACTIVITY

5:05 – 8:45am Lap Swim/Water Walking
12:30 – 3:00pm Lap Swim/Water Walking
4:45 – 6:45pm Open Swim
7:00 – 7:45pm Lap Swim/Water Walking

Saturday TIME ACTIVITY

6:05 – 8:30am Lap Swim/Water Walking
1:45 – 3:45pm Open Swim
4:00 – 4:45pm Lap Swim/Water Walking

Sunday TIME ACTIVITY

9:05 – 11:45am Lap Swim/Water Walking
12:00 – 2:45pm Open Swim

Aqua Fitness

Monday
8:50am – Aqua Zumba
2:15pm – Water Aerobics
Tuesday
8:45am – Water Aerobics
9:40am – Silver Sneakers Splash

Wednesday
8:45am – Aqua Zumba
1:30pm – Water Aerobics

Thursday
8:30am – Water Aerobics
9:15am – Silver Sneakers Splash

Friday
9:00am – Deep Water Aquacise
2:15pm – Water Aerobics

NOTES:

- On the Sundays that we have birthday parties, lap swim will start at 2:00 pm instead of 1:00 pm. Open swim will still occur in half of the pool.
- 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.

*Personal Flotation Device (PFD) Free Swim offers red band swimmers to swim without a life jacket. One parent per child.