

LANSDOWNE BRANCH POOL SCHEDULE

Effective: September 2, 2025



Monday TIME ACTIVITY

5:05 – 8:45am Lap Swim/Water Walking
12:00 – 2:45pm Lap Swim/Water Walking
2:45 – 3:45pm Lap Swim/Open Swim (3 Lanes)
5:30 – 6:30pm Lap Swim (3 Lanes)

Tuesday TIME ACTIVITY

5:05 – 8:45am Lap Swim/Water Walking
12:00 – 2:00pm Lap Swim/Water Walking
2:00 – 4:30pm Lap Swim/Open Swim (3 Lanes)
7:50 – 8:40pm Lap Swim/Open Swim (3 Lanes)

Wednesday TIME ACTIVITY

5:05 – 8:45am Lap Swim/Water Walking
12:00 – 2:45pm Lap Swim/Water Walking
2:45 – 3:30pm Lap Swim/Open Swim (3 Lanes)
5:30 – 6:30pm Open Swim (3 Lanes)

Thursday TIME ACTIVITY

5:05 – 8:45am Lap Swim/Water Walking
12:00 – 2:00pm Lap Swim/Water Walking
2:00 – 4:30pm Lap Swim/Open Swim (3 Lanes)
7:50 – 8:40pm Lap Swim/Open Swim (3 Lanes)

Friday TIME ACTIVITY

5:05 – 8:45am Lap Swim/Water Walking
12:00 – 2:45pm Lap Swim/Water Walking
2:45 – 3:45pm Lap Swim/*PFD Open Swim (3 Lanes)

Saturday TIME ACTIVITY

6:05 – 8:30am Lap Swim/Water Walking
1:45 – 3:00pm Lap Swim/Water Walking
3:00 – 5:30pm Lap Swim/Open Swim (3 Lanes)

Sunday TIME ACTIVITY

8:00 – 8:45am Lap Swim/Water Walking
1:00 – 2:00pm Lap Swim/Water Walking
2:00 – 4:30pm Lap Swim/Open Swim (3 Lanes)

Aqua Fitness

Monday
9:00am – Aqua Zumba
11:00am – Deep Water Aquacise
2:00pm – Water Aerobics

Tuesday
9:00am – Water Aerobics
10:00am – Silver Sneakers Splash

Wednesday
9:00am – Aqua Zumba
2:00pm – Water Aerobics

Thursday
9:00am – Water Aerobics
10:00am – Silver Sneakers Splash
11:00am – Aqua Toning

Friday
9:00am – Deep Water Aquacise
11:00am – Aqua Zumba
2:00pm – 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.