



# POOL SCHEDULE LANSDOWNE YMCA

## Holiday Weeks (Closed 12.25, 1.1)

### Week of the 22nd

#### Monday, December 22nd

5:05am-8:45am Lap Swim/Water Walking  
12:00pm-3:00pm Lap Swim/Water Walking  
3:00pm-5:15pm Lap Swim/Open Swim

#### Tuesday, December 23rd

5:05am-8:45am Lap Swim/Water Walking  
11:15am-2:00pm Lap Swim/Water walking  
2:00pm-5:00pm Lap Swim/Open Swim  
7:45pm-8:45pm Lap Swim/Open Swim

#### Wednesday, December 24th

5:05am-8:45am Lap Swim/Water Walking  
11:00am-11:45am Lap Swim/Water Walking

#### Friday, December 26th

5:05am-8:30am Lap Swim/Water Walking  
12:00pm-2:45pm Lap Swim/Water Walking  
2:45pm-5:15pm Lap Swim/Open Swim

#### Saturday, December 27th

6:05am-8:45am Lap Swim/Water Walking  
12:15pm-2:00pm Lap Swim/Water Walking  
2:00pm-5:30pm Lap Swim/Open Swim

#### Sunday, December 28th

8:05am-8:45am Lap Swim/Water Walking  
1:15pm-4:45pm Lap Swim/Open Swim

### Week of the 29th

#### Monday, December 29th

5:05-8:30am Lap Swim/Water Walking  
12:00pm-3:00pm Lap Swim/Water Walking  
3:00pm-5:15pm Lap Swim/Open Swim

#### Tuesday, December 30th

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

#### Wednesday, December 31st

5:05am-8:30am. Lap Swim/Water Walking  
12:00pm-2:30pm Lap Swim/Water Walking

#### Friday, January 2nd

5:05am-8:30am. Lap Swim/Water Walking  
12:00pm-2:45pm Lap Swim/Water Walking  
2:45pm-5:15pm Lap Swim/Open Swim

#### Saturday, January 3rd

6:05-12:00 Lap Swim/Water Walking  
12:00pm-5:30pm Lap Swim/Open Swim

#### Sunday, January 4th

8:05am-8:45am Lap Swim/Water Walking  
1:00pm-4:45pm Lap Swim/Open Swim

## AQUA FITNESS

### Monday, December 22nd

9:00am-10:00am Aqua Aerobics w/Andretta  
10:00am-11:00am Aqua toning w/Andretta  
11:00am-11:45am Deep Water Aquacise w/Alice  
2:00pm-2:45pm Water Aerobics w/Arlene

### Tuesday, December 23rd

9:00am-9:45am Water Aerobics w/Alice  
10:00-10:45am Silver Sneaker Splash w/Alice

### Wednesday, December 24th

9:00am-10:00am Aqua Aerobics w/Andretta  
10:00am-11:00am Aqua Toning w/Andretta

### Friday, December 26th

2:00pm-2:45pm Water Aerobics w/Arlene

### Monday, Monday 29th

2:00pm-2:45pm Water Aerobics w/Arlene

### Friday, January 2nd

2:00pm-2:45pm Water Aerobics w/Arlene