

# LANSDOWNE BRANCH POOL SCHEDULE

Effective March 24, 2026



## 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  
11:00am – 2:00pm Lap Swim/Water Walking  
2:00 – 5:00pm 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)

## 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.

## Thursday TIME ACTIVITY

5:05 – 8:45am  
11:00am – 2:00pm  
2:00– 5:00pm  
7:50 – 8:40pm

## Friday TIME ACTIVITY

5:05 – 8:45am  
12:00 – 2:45pm  
2:45 – 3:45pm  
5:30 – 8:45pm

## Saturday TIME ACTIVITY

6:05 – 8:30am  
1:45 – 3:00pm  
3:00 – 5:30pm

## Sunday TIME ACTIVITY

8:00 – 8:45am  
1:00 – 2:00pm  
2:00 – 4:30pm

## ACTIVITY

Lap Swim/Water Walking  
Lap Swim/Water Walking  
Lap Swim/Open Swim (3 Lanes)  
Lap Swim/Open Swim (3 Lanes)

## ACTIVITY

Lap Swim/Water Walking  
Lap Swim/Water Walking  
Lap Swim/\*PFD Open Swim (3 Lanes)  
Lap Swim/Open Swim (3 Lanes)

## ACTIVITY

Lap Swim/Water Walking  
Lap Swim/Water Walking  
Lap Swim/Open Swim (3 Lanes)

## ACTIVITY

Lap Swim/Water Walking  
Lap Swim/Water Walking  
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

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