

LANSDOWNE BRANCH POOL SCHEDULE

Effective: 6/15/26



MONDAYS & WEDNESDAYS

TIME	ACTIVITY
5:05-8:30am	Lap Swim/Water Walking Lap
1:30-3:00pm	Swim/Water Walking (Monday)
11:00am - 3:00pm	Lap Swim/Water Walking (Wednesday)
4:45-7:15pm	Open Swim
7:30-8:30pm	Lap Swim/Water Walking

TUESDAYS

TIME	ACTIVITY
5:05-8:30am	Lap Swim/Water Walking
1:30-4:00pm	Lap Swim/Water Walking
4:15-7:15pm	Open Swim
7:30 - 8:30pm	Lap Swim/Water Walking

THURSDAYS

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

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 12 years and under, regardless of wristband color.

FRIDAY

TIME	ACTIVITY
5:05-8:30am	Lap Swim/Water Walking
1:30-3:00pm	Lap Swim/Water Walking
4:45-6:30pm	Open Swim
6:45-7:30pm	Lap Swim

SATURDAY

TIME	ACTIVITY
6:05-8:30am	Lap Swim/Water Walking
1:00-2:45pm	Open Swim
3:00-3:45pm	Lap Swim/Water Walking

SUNDAY

TIME	ACTIVITY
9:05-11:45am	Lap Swim/Water Walking
12:00-2:30pm	Open Swim

Aqua Fitness

Monday

8:30-9:30am Aqua Zumba w/ Andretta
1:30-2pm Water Warrior w/ Emani
2-2:45pm Water Aerobics w/ Arlene

Tuesday

8:45-9:30am Water Aerobics w/Alyce
9:45-10:30am Silver Sneakers Splash w/ Alyce

Wednesday

9-10am Aqua Zumba w/ Andretta
10-10:45am Weighted Warrior w/ Emani
11-11:45am Woosah Wednesday w/ Emani
12-12:45pm Water Warrior w/ Emani
2-2:45pm Water Aerobics w/ Arlene

Thursday

8:30-9:15am Water Aerobics w/ Alyce
9:30-10:15am Silver Sneakers Splash w/ Alyce
11-12pm Aqua Toning w/ Andretta
1:30-2:30pm Water Warrior w/ Emani

Friday

8:45-9:30am Deep Water Aquacize w/Alyce
1:30-2:00pm Water Warrior w/ Emani
2-2:45pm Water Aerobics w/ Arlene

