



YMCA ANTHONY BOWEN AQUATICS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER POOL SCHEDULE 2023

1.02.2023 – 2.26.2023

2023 Pool Schedule January 2 nd – February 26 th	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:45- 10:00 (6LAPS)	5:45-1:00 (6 LAPS)	5:45- 1:00 (6 LAPS)	5:45-1:00 (6 LAPS)	5:45- 1:00 (6 LAPS)	7:15-9:00 (6 LAPS)	7:15-9:00 (6 LAPS)
<u>*Schedule subject to change without notice*</u>	10:00-10:45 (4LAPS, 2 CLASS) Aqua aerobics	1:00-9:00 (5 LAPS, 1 REC)	1:00-5:45 5 LAPS/1REC	1:00- 7:00 (5 LAPS, 1 REC)		9:00-1:00 (4 LAPS /2CLASS)	9:00-11:00 (2LAPS/4CLASS)
<u>Everyone must SHOWER before entering the pool</u>				7:00 - 9:00 (4LAPS / 2 CLASS)			
<u>LAP- Available lanes for lap swim.</u>	10:45- 8:00 (5 LAPS, 1 REC)		5:45 - 6:30 (4LAPS / 2 CLASS)				
<u>CLASS- Lanes reserved for classes.</u>							
<u>FAMILY SWIM</u> Designated lane just for family swim.	8:00 - 9:30 (6LAPS,)	9:00 - 9:30 (5LAPS)	6:35 - 9:30 (5LAPS, 1 REC)	9:00 - 9:30 (5 LAPS, 1 REC)	1:00 - 6:30 (6LAPS)	1:00 - 5:30 (5LAPS 1 FAM)	11:00 - 5:30 (5LAPS, 1 FAM)
<u>REC</u> Recreational swimming							
For more information please call (202)232-6936							

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