



YMCA ANTHONY BOWEN AQUATICS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL I POOL SCHEDULE

SEPTEMBER, 04. 2023 – OCTOBER, 29. 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 10:00 5 LAPS / 1 REC	5:45 – 7:30 5 LAPS / 1 REC	5:45- 12:00 5 LAPS / 1 REC	5:45-9:30 5 LAPS / 1 REC	5:45- 12:00 5 LAPS / 1 REC	7:15-9:00 6 LAPS	7:15-9:00 6 LAPS
	7:30 - 9:00 4 LAPS / 2 CLASS					
10:00 – 10:45 4 LAPS / 2 CLASS Aqua Aerobic	9:00 – 11:30 5 LAPS / 1 REC		9:30- 7:00 5 LAPS / 1 REC		9:00-1:00 4 LAPS / 2 CLASS	9:00-12:00 2 LAPS / 4 CLASS
	11:30 – 12:30 4 LAPS / 2 CLASS Aqua Arthritis					
			7:00 – 7:45 4 LAPS / 2 CLASS			
10:45 – 9:30PM 5 LAPS / 1 REC	12:30 – 9:30 5 LAPS / 1 REC	12:00 – 9:30 5 LAPS / 1 REC	7:45 – 9:30 5 LAPS / 1 REC	12:00 – 6:30 5 LAPS / 1 REC	1:00 – 5:30 5 LAPS / 1 FAM	12:00 – 5:30 5 LAPS / 1 FAM

Schedule subject to change without notice

Everyone must SHOWER before entering the pool.

LAP - Available lanes for lap swimming.

CLASS - Lanes reserved for classes.

FAMILY SWIM - Designated Lane just for family swims.

REC - Recreational swimming

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