



YMCA ANTHONY BOWEN AQUATICS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FALL II POOL SCHEDULE

OCTOBER, 30. 2023 – DECEMBER, 17. 2023

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