



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN

AQUATICS

SPRING II POOL SCHEDULE

APRIL 22, 2024 – JUNE 16, 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 8:00 3 LAPS / 3 Y- TRI	5:45 -10:00 5LAPS / 1 REC-FAM	5:45 -- 8:00 3 LAPS / 3 Y- TRI	5:45 – 7:00 5 LAPS / 1 REC-FAM	5:00 -- 8:00 5 LAPS / 3 Y- TRI	7:15 - 9:00 5 LAPS / 1REC-FAM	7:15 - 9:00 5 LAPS / 1 REC-FAM
8:00 – 12:00 5 LAPS / 1 REC-FAM		8:00 – 3:30 5 LAPS / 1 REC-FAM		8:00 – 12:00 5 LAPS / 1 REC-FAM	9:00 -1 :00 4 LAPS /2 CLASS	9:00 - 12:00 2 LAPS / 4 CLASS
	10:00-11:00 4 LAPS / 2 CLASS Aqua Arthritis					
		3:30 – 4:30 4 LAPS / 1 Y- D/1 REC- FAM				
			7:00 – 7:45 4LAPS/2CLA SS			
12:00 – 9:30 5 LAPS /1 REC-FAM	11:00 – 9:30 5 LAPS / 1 REC-FAM	4:30 – 9:30 5 LAPS /1 REC-FAM	7:45 – 9:30 5 LAPS / 1 REC-FAM	12:00 – 8:00 5 LAPS /1 REC-FAM	1:00 -6:30 5 LAPS /1 REC-FAM	12:00 – 6:30 5 LAPS /1 REC-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.

REC - FAM – Lanes reserved for recreational swimming, private lessons and families.

Y – TRI - YMCA triathlon.

Y-D – Lanes reserved for Youth Development

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