



# YMCA ANTHONY BOWEN

## AQUATICS

### SPRING I POOL SCHEDULE

FEBRUARY 24, 2025 – APRIL 20, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am - 8:00am 3 LAPS / 3 Y-TRI	5:45am - 7:45am 5 LAPS / 1 REC/FAM	5:45am - 8:00am 3 LAPS / 3 Y-TRI	5:45am - 7:00pm 5 LAPS / 1 REC/FAM	5:45am - 8:00am 3 LAPS / 3 Y-TRI	7:15am - 9:00am 5 LAPS / 1 REC/FAM	7:15am - 9:00am 5 LAPS / 1 REC/FAM
	7:45am - 8:45am 4 LAPS / 2 CLASS Aqua Arthritis					
8:00am - 10:00pm 5 LAPS / 1 REC/FAM		8:00am - 10:00pm 5 LAPS / 1 REC/FAM			9:00am - 1:00pm 4 LAPS / 2 CLASS	9:00am - 12:00pm 2 LAPS / 4CLASS
				8:00am - 8:00pm 5 LAPS / 1 REC/FAM		
			7:00pm - 7:45pm 4 LAPS / 2 CLASS			
	8:45am - 10:00pm 5 LAPS / 1 REC/FAM		7:45pm - 10:00pm 5 LAPS / 1 REC/FAM		1:00pm - 6:30pm 5 LAPS / 1 REC/FAM	12:00pm - 6:30pm 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