



YMCA ANTHONY BOWEN

AQUATICS

SPRING II POOL SCHEDULE

APRIL 21, 2025 – JUNE 15, 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 - 7:45am 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			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
	8:45am - 10:00pm 5 LAPS / 1 REC/FAM		7:00pm - 7:45pm 4 LAPS / 2 CLASS			
			7:45pm - 10:00pm 5 LAPS / 1 REC/FAM	8:45am - 8:00pm 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