



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA ANTHONY BOWEN AQUATICS

Classes ratio are **6:1** and parent/child classes' ratio are **12:1**

Fall 1 Pool Schedule September 06 th to October 27 th 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>*Schedule subject to change without notice*</u>	5:30-6:00 (6 LAPS)	5:30-8:00 (6 LAPS)	5:30-6:00 (6 LAPS)	5:30-8:00 (6 LAPS)	5:30-6:00 (6 LAPS)		
<u>Everyone must SHOWER before entering the pool</u>	6:00-8:00 (6LAP)	6:00-8:00 (6LAP)	6:00-8:00 (6LAP)	6:00-8:00 (6LAP)	6:00-8:00 (6LAP)		
<u>LAP- Available lanes for lap swim.</u>	8:00-8:45 (4 LAP/ 2 CLASS)	8:00-8:45 (3 LAP/ 1 REC 2 CLASS)	8:00-8:45 (4 LAP/ 2CLASS)	8:00-8:45 (3 LAP/ 1 REC 2 CLASS)	8:00-9:00 (4 LAP/ 2 CLASS)	7:00-8:55 (5 LAP/ 1REC)	7:00-9:00 (5 LAP/ 1REC)
<u>CLASS- Lanes reserved for classes.</u>							
<u>REC- Available times and lanes for family swim, deep water running, play etc.</u>	8:45-3:59 (5 LAP/ 1 REC)	8:45-12:00 (5 LAP/ 1 REC)	8:45-3:59 (5 LAP/ 1 REC)	8:45-12:00 (5 LAP/ 1 REC)	9:00-3:59 (5 LAP/ 1 REC)	9:00-1:05 (5 CLASS/(74) 1 LAP)	9:00-12:05 (5 CLASS/(65) 1LAP)
<u>FAMILY SWIM Designated lane just for family swim.</u>	4:00-5:40 (5 LAP/1 REC)	12:00-1:00 (3 LAP/ 3 CLASS)		12:00-1:00 (3LAP/ 3 CLASS)		1:05-6:30 (4 LAP/ 1 REC/ 1 FAMILY SWIM)	12:05-7:30 (3 LAP / 1 REC/ 1 FAMILY SWIM)
<u>CAMP- Lanes reserved for camps</u>	5:40-7:00 (5 LAP/ 1 REC)	1:00-6:30 (4 LAP/ 2 REC)	4:00-5:40 (2 CLASS / (7) 4LAP)	1:00-6:30 (4 LAP/ 2 REC)	4:00-6:30 (4 LAP/ 2 CLASS)(12)		
<u>For more information call (202)232-6936</u>	7:00-8:15 (3 LAP/ 2 CLASS/ 1 REC)	6:30-8:00 (4 LAP/ 2 CLASS)(6)	5:40-7:00 (5 LAP/ 1 REC)	6:30-8:00 (4 LAP/ 2 CLASS)(7)	6:30-9:30 (5LAP/ 1 REC)		
	8:15-10:30 (5LAP/ 1 REC)	8:00-10:30 (5 LAP/ 1 REC)	7:00-8:15 (3LAP/ 2 CLASS/ 1 REC)	8:00-10:30 (5 LAP/ 1 REC)			
			8:15-10:30 (5 LAP/ 1 REC)				