



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**

Winter Pool Schedule January 2nd to February 23rd 2020	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	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)		
Schedule subject to change without notice	6:00-9:00 (4 LAP/ 2 CLASS)	8:15-9:00 (3 LAP/ 1 REC 2 CLASS)	6:00-9:00 (4 LAP/ 2 CLASS)	8:15-9:00 (3 LAP/ 1 REC 2 CLASS)	6:00-9:00 (4 LAP/ 2 CLASS)	7:00-8:55 (5 LAP/ 1 REC)	7:00-9:00 (5 LAP/ 1 REC)
Everyone must SHOWER before entering the pool	9:00-5:40 (5 LAP/1 REC)	8:45-12:00 (5 LAP/ 1 REC)	9:00-5:30 (5 LAP/ 1 REC)	8:45-12:00 (5 LAP/ 1 REC)	9:00-5:30 (5 LAP/ 1 REC)	9:00-12:05 (5 CLASS/(76) 1 LAP)	9:00-12:05 (5CLASS(68) 1LAP)
LAP- Available lanes for lap swim.		12:00-1:00 (3 LAP/ 3 CLASS)		2:00-1:00 (3LAP/ 3 CLASS)		12:05-6:30 (4 LAP/ 1 REC/ 1 FAMILY SWIM)	12:05-7:30 (3 LAP / 1 REC/ 1 FAMILY SWIM)
CLASS- Lanes reserved for classes.		3:30-4:30 (5 LAP/ 1 CLASS)	5:30-6:30 (4 LAP/ 2 CLASS)(5)	3:30-4:30 (5 LAP/ 1 CLASS)			
REC- Available times and lanes for family swim, deep water running, play etc.							
FAMILY SWIM Designated lane just for family swim.	5:40-7:00 (5 LAP/ 1 REC)	4:30-6:30 (4 LAP/ 2 REC)		4:30-6:30 (4 LAP/ 2 REC)	5:30-6:30 (4 LAP/ 2 CLASS)(5)		
CAMP- Lanes reserved for camps	7:00-8:15 (3 LAP/ 2 CLASS/ 1 REC)	6:30-8:00 (4 LAP/ 2 CLASS)(5)	6:30-10:30 (5 LAP/ 1 REC)	6:30-8:00 (4 LAP/ 2 CLASS)(7)		6:30-9:30 (5LAP/ 1 REC)	
For more information call (202)232-6936	8:15-10:30 (5LAP/ 1 REC)	8:00-10:30 (5 LAP/ 1 REC)		8:00-10:30 (5 LAP/ 1 REC)			

ANTHONY BOWEN

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