



YMCA ANTHONY BOWEN

AQUATICS

FALL I POOL SCHEDULE

SEPTEMBER 01, 2025 – OCTOBER 26, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55am – 8:00am 5 LAPS / 1 REC / FAM	5:55am – 7:45am 5 LAPS / 1 REC / FAM	5:55am – 8:00am 5 LAPS / 1 REC / FAM	5:55am – 7:45am 5 LAPS / 1 REC / FAM	5:55am – 8:00am 5 LAPS / 1 REC / FAM	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		10:00am – 11:00am 4 LAPS / 2 CLASS Aqua Arthritis		9:00am – 12:00pm 4 LAPS / 2 CLASS	9:00am – 12:00pm 2 LAPS / 4 CLASS
			11:00am – 7:00pm 5 LAPS / 1 REC / FAM			
			7:00pm – 7:45pm 4 LAPS / 2 CLASS			
8:00am – 10:00pm 5 LAPS / 1 REC / FAM	8:45am – 10:00pm 5 LAPS / 1 REC / FAM	8:00am – 10:00pm 5 LAPS / 1 REC / FAM	7:45pm – 10:00pm 5 LAPS / 1 REC / FAM	8:00am – 8:00pm 5 LAPS / 1 REC / FAM	12:00pm – 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.

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