



YMCA ANTHONY BOWEN

AQUATICS

WINTER POOL SCHEDULE

JANUARY 05, 2026 – FEBRUARY 22, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:55am - 9:00am 5 LAPS /1REC/FAM	5:55am - 3:45pm 5 LAPS /1REC/FAM	5:55am - 8:00am 5 LAPS /1REC/FAM	5:55am - 10:00am 5 LAPS /1REC/FAM	5:55am - 8:00am 5 LAPS /1REC/FAM	7:15am - 9:00am 5 LAPS /1REC/FAM	7:15am - 9:00am 5 LAPS /1REC/FAM
9:00am - 10:00am 4 LAPS / 2 CLASS Aqua Arthritis			9:00am - 10:00am 4 LAPS / 2 CLASS Aqua Arthritis		9:00am - 12:00pm 4 LAPS / 2 CLASS	9:00am - 12:00pm 2 LAPS / 4CLASS
			10:00am - 3:45pm 5 LAPS /1REC/FAM			
	3:45pm - 5:00pm 4 LAPS / 2 SCH		3:45pm - 5:00pm 4 LAPS / 2 SCH			
			5:00pm - 7:00pm 5 LAPS /1REC/FAM			
			7:00pm - 7:45pm 4 LAPS / 2 CLASS			
10:00am - 10:00pm 5 LAPS /1REC/FAM	5:00pm - 10:00pm 5 LAPS /1REC/FAM	8:00am - 10:00pm 5 LAPS /1REC/FAM	7:45pm - 10:00pm 5 LAPS /1REC/FAM	8:00am - 8:00pm 5 LAPS /1REC/FAM	12:00pm - 6:30pm 5 LAPS /1REC/FAM	12:00pm - 6:30pm 5 LAPS /1REC/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.

SCH - Lanes reserved for the school.