



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 / 1 REC / FAM	5:55am – 3:45pm 5 LAPS / 1 REC / FAM	5:55am – 8:00am 5 LAPS / 1 REC / FAM	5:55am – 10:00am 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
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 / 4 CLASS
			10:00am – 3:45pm 5 LAPS / 1 REC / FAM			
	3:45pm – 5:00pm 4 LAPS / 2 SCH		3:45pm – 5:00pm 4 LAPS / 2 SCH			
			5:00pm – 7:00pm 5 LAPS / 1 REC / FAM			
			7:00pm – 7:45pm 4 LAPS / 2 CLASS			
10:00am – 10:00pm 5 LAPS / 1 REC / FAM	5:00pm – 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.

SCH – Lanes reserved for the school.

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