



YMCA ANTHONY BOWEN

AQUATICS

SPRING I POOL SCHEDULE

MARCH 02, 2026 – APRIL 26, 2026

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

Y – TRI – YMCA Triathlon

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