



YMCA ANTHONY BOWEN

AQUATICS

SUMMER POOL SCHEDULE

JUNE 22, 2026 – AUGUST 21, 2026

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

CAMP - Lanes reserved for YMCA Aquatics Summer Camp