

BOB FREESEN YMCA

WINTER POOL SCHEDULE

SUN	MON	TUES	WED	THURS	FRI	SAT
	5:45-8:30am Lap Swim (4) Open Swim	5:45-8:30am Lap Swim (4) Open Swim	5:45-8:30am Lap Swim (4) Open Swim	5:45-8:30am Lap Swim (4) Open Swim	5:45-8:30am Lap Swim (4) Open Swim	7:15-9am Lap Swim (4) Open Swim
	8:30-9:15am Aqua Fit (5) Lap Swim (1)	8:30-9:15am Aqua Fit (5) Lap Swim (1)	8:30-9:15am Aqua Fit (5) Lap Swim (1)	8:30-9:15am Aqua Fit (5) Lap Swim (1)	8:30-9:15am Aqua Fit (5) Lap Swim (1)	9-11am Lap Swim (4) RCHS (2)
	9:15am-1pm Open Swim Lap Swim (4)	9:15am-1pm Open Swim Lap Swim (4)	9:15am-1pm Open Swim Lap Swim (4)	9:15am-1pm Open Swim Lap Swim (4)	9:15am-1pm Open Swim Lap Swim (4)	11am-2:45pm Open Swim Lap Swim (3)
1:15-4:45pm Open Swim (3) Lap Swim (3)	1-2pm Senior Exercise Open Swim Lap Swim (3)	1-3:30PM POOL CLOSED	1-2pm Senior Exercise Open Swim Lap Swim (3)	1-3:30PM POOL CLOSED	1-2pm Senior Exercise Open Swim Lap Swim (3)	
	2-3pm Open Swim Lap Swim (3)	3:30-4pm Swim Lesson Lap Lane (3)	2-3pm Open Swim Lap Swim (3)	3:30-4pm Swim Lesson Lap Lane (3)	2-3pm Open Swim Lap Swim (3)	
	3-4pm Y After School (3) 3-5pm Lap Swim (1) RCHS (2)	4-5pm Y Swim Team Swim Lesson NO LAP LANES	3-4pm Y After School (3) 3-5pm Lap Swim (1) RCHS (2)	4-5pm Y Swim Team Swim Lesson NO LAP LANES	3-4pm Y After School (3) 3-5pm Lap Swim (1) RCHS (2)	
	4-5pm Y Swim Team (3)		4-5pm Y Swim Team (3)		4-5pm Y Swim Team (3)	
	5-5:30pm Y Swim Team Swim Lesson NO LAP LANES	5-6pm Y Swim Team Lap Swim (2)	5-5:30pm Y Swim Team Swim Lesson NO LAP LANES	5-6pm Y Swim Team Lap Swim (2)	5-7:45pm Family Swim Lap Swim (3)	
	5:30-6PM Swim Lesson Lap Swim (3)		5:30-6PM Swim Lesson Lap Swim (3)			
	6-7pm Swim Lesson Aqua Fit Lap Swim (2)	6-7pm Swim Lesson Aqua Fit Lap Swim (2)	6-7pm Swim Lesson Aqua Fit Lap Swim (2)	6-7pm Swim Lesson Aqua Fit Lap Swim (2)		
	7-7:45pm Family Swim Lap Swim (3)	7-7:45pm Swim Lesson Family Swim Lap Swim (3)	7-7:45pm Family Swim Lap Swim (3)	7-7:45pm Swim Lesson Family Swim Lap Swim (3)		Updated 12/26/24 ds

Please see back of page for more information.

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Lap lanes are available first-come-first-served.

Parentheses indicates number of lanes available for each activity. During Lap & Open Swim, the lap lanes are always the three with lane lines. During multiple activity times, please ask the lifeguard which lane(s) are available (they may not be lanes with lane lines).

Multiple activities are often scheduled in the pool at the same time. The schedule is subject to change at any time due to special programs.

During our Aquatics Programs (water exercise classes, swim lessons, swim team, Afterschool & camp swim) the open spaces in the pool are not available for exercise or play due to insurance purposes and safety for our participants in those programs. Please do not swim through programs to reach the lap lanes. Ask for assistance from the lifeguard if you must cross through so the instructors can be aware of others in their instructional space.

WATER FITNESS CLASS TIMES

M-F 8:30-9:15am

M/W/F 1-2pm

M-TH 6-7pm

Y SWIM TEAM TIMES

M/W 4-5:30pm

T/TH 4-6pm

F 5-6pm

SWIM LESSON TIMES

M/W 5-7pm

T/TH 3:30-5pm

& 6-7:30PM

LAP SWIM TIMES

M/W 5:45am-5pm

& 5:30-7:45pm

T/TH 5:45am-1pm

& 3:30-4pm

& 5-7:45pm

F 5:45am-7:45pm

SAT 7:15am-2:45pm

SUN 1:15-4:45pm

OPEN SWIM TIMES

M/W/F 5:45am-8:30am & 9:15am-3pm

T/TH 5:45am-8:30am & 9:15am-1pm

SAT 7:15am-9am & 11am-2:45pm

SUN 1:15-4:45pm

FAMILY SWIM TIMES

M-TH 7-7:45pm

F 5-7:45pm

Family Swim in the evenings is adults over the age of 18 and dependent children in their household.