

BOB FREESEN YMCA

POOL SCHEDULE September 2025-February 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-8:30am Lap Swim (4) Water Walk (2)	5:45-8:30am Lap Swim (4) Water Walk (2)	5:45-8:30am Lap Swim (4) Water Walk (2)	5:45-8:30am Lap Swim (4) Water Walk (2)	5:45-8:30am Lap Swim (4) Water Walk (2)	7:15-9am Lap Swim (4) Water Walk (2)
8:30-9:15am Aquafit (5) Lap Swim (1)	8:30-9:15am Aquafit (5) Lap Swim (1)	8:30-9:15am Aquafit (5) Lap Swim (1)	8:30-9:15am Aquafit (5) Lap Swim (1)	8:30-9:15am Aquafit (5) Lap Swim (1)	9-11am Lap Swim RCHS Swim Team (2)
9:15am-1pm Lap Swim (4) Water Walk (2)	9:15-1pm Lap Swim (4) Water Walk (2)	9:15am-1pm Lap Swim (4) Water Walk (2)	9:30-1pm Lap Swim (4) Water Walk (2)	9:15am-1pm Lap Swim (4) Water Walk (2)	11am-2:45pm Open Swim Lap Swim (3)
1-2pm Senior Exercise Lap Swim (3)	POOL CLOSED 1-3:30pm	1-2pm Senior Exercise Lap Swim (3)	POOL CLOSED 1-3:30pm	1-2pm Senior Exercise Lap Swim (3)	
2-3pm Open Swim Lap Swim (3)	POOL CLOSED 1-3:30pm	2-3pm Open Swim Lap Swim (3)	POOL CLOSED 1-3:30pm	2-3pm Open Swim Lap Swim (3)	
3-4pm Y Afterschool RCHS 3-5pm (2) Lap Swim (1)	3:30-5pm Swim Lessons 4-5pm Swim Team NO LAP LANE 4-5pm	3-4pm Y Afterschool RCHS 3-5pm (2) Lap Swim (1)	3:30-5pm Swim Lessons 4-5pm Swim Team NO LAP LANE 4-5pm	3-4pm Y Afterschool RCHS 3-5pm (2) Lap Swim (1)	
4-5:30pm YMCA Swim Team Lap Swim (1)	4-5:30pm YMCA Swim Team NO LAP LANE 4-5pm	4-5:30pm YMCA Swim Team Lap Swim (1)	4-5:30pm YMCA Swim Team NO LAP LANE 4-5pm	4-5pm YMCA Swim Team Lap Swim (1)	
5:30-7pm Swim Lessons Aquafit Lap Swim (2)	5:30-7pm Swim Lessons Aquafit Lap Swim (2)	5:30-7pm Swim Lessons Aquafit Lap Swim (2)	5:30-7pm Swim Lessons Aquafit Lap Swim (2)	5-7:45pm Family Swim Lap Swim (3)	
7-7:45pm Family Swim Lap Swim (3)	7-7:45pm Family Swim Lap Swim (3)	7-7:45pm Family Swim Lap Swim (3)	7-7:45pm Family Swim Lap Swim (3)		

Lap lanes are available first-come-first served.

Parentheses indicate the number of lanes available for each activity.

Please note that Y Afterschool will swim M/W/F 3-4PM

BOB FREESEN YMCA

FALL/WINTER POOL SCHEDULE

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.

WATER FITNESS CLASS TIMES

M-F 8:30-9:15AM (5)

M/W/F 1-2PM (3)

M-TH 6-6:45PM

Y SWIM TEAM TIMES

M-TH 4-5:30PM (5)

F 4-5pm (4)

SWIM LESSON TIMES

M/W 5:30-7PM (3)

T-TH 3:30-5PM & 5:30-7PM (3)

RCHS SWIM TEAM TIMES

M/W/F 3-5PM

SAT 9-11AM

OPEN SWIM TIMES

M/W/F 2-4PM

SAT 11AM-2:45PM

LAP SWIM/WATER WALK TIMES

M/W/F 5:45AM-7:45PM

T/TH 5:45AM-1PM

T/TH 5:30-7:45PM

FAMILY SWIM TIMES

M-TH 7-7:45PM

F 5-7:45PM