

# 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)	<b>POOL CLOSED</b> <b>1-3:30pm</b>	1-2pm Senior Exercise Lap Swim (3)	<b>POOL CLOSED</b> <b>1-3:30pm</b>	1-2pm Senior Exercise Lap Swim (3)	
2-3pm Open Swim Lap Swim (3)	<b>POOL CLOSED</b> <b>1-3:30pm</b>	2-3pm Open Swim Lap Swim (3)	<b>POOL CLOSED</b> <b>1-3:30pm</b>	2-3pm Open Swim Lap Swim (3)	
3-4pm Y Afterschool RCHS Swim Team 3-5pm (2) Lap Swim (1)	3:30-5pm Swim Lessons 4-5:30pm Swim Team <b>NO LAP LANE</b> <b>4-5pm</b>	3-4pm Y Afterschool RCHS Swim Team 3-5pm (2) Lap Swim (1)	3:30-5pm Swim Lessons 4-5:30pm Swim Team <b>NO LAP LANE</b> <b>4-5pm</b>	3-4pm Y Afterschool RCHS Swim Team 3-5pm (2) Lap Swim (1)	
4-5:30pm Swim Team Lap Swim (1)	4-5:30pm Swim Team Lap Swim (1)	4-5:30pm Swim Team Lap Swim (1)	4-5:30pm Swim Team Lap Swim (1)	4-5pm 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)		

Please see back of the page for more information.

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

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## 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.

During our aquatic 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 lifeguards 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 (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)

### RCHS SWIM TEAM TIMES

M/W/F 3-5PM

SAT 9-11AM

### SWIM LESSON TIMES

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

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

### 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