

# BOB FREESEN YMCA

## POOL SCHEDULE March 16<sup>th</sup>-May 24<sup>th</sup>, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	
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 Lap Swim (3)	3:30-5pm Swim Lessons (3) Lap Swim (1) YMCA Swim Team (2)	3-4pm Y Afterschool Lap Swim (3)	3:30-5pm Swim Lessons (3) Lap Swim (1) YMCA Swim Team (2)	3-4pm Y Afterschool Lap Swim (3)		1:15-4:45pm Open Swim (3) Lap Swim (3)
4-5:30pm YMCA Swim Team (2) Lap Swim (4)	4-5:30pm YMCA Swim Team (2) Lap Swim (1)	4-5:30pm YMCA Swim Team (2) Lap Swim (4)	4-5:30pm YMCA Swim Team (2) Lap Swim (1)	4-5pm YMCA Swim Team (2) Lap Swim (4)		
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.

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## March-May 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

### 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 3:30-7:45PM

### FAMILY SWIM TIMES

M-TH 7-7:45PM

F 5-7:45PM

Parentheses indicate the number of lanes available for each activity.

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

Please note that the YMCA swim team will be practicing in small groups 4-5:30pm  
using 2 lanes March 30<sup>th</sup>-April 30<sup>th</sup>