

BOB FREESEN YMCA

POOL SCHEDULE August 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-8:30am Lap Swim (2)	5:45-8:30am Lap Swim (4)	5:45-8:30am Lap Swim (2)	5:45-8:30am Lap Swim (4)	5:45-8:30am Lap Swim (2)	7:15-9am Lap Swim (4) Water Walk (2)	Y
Water Walk (2)	Water Walk (2)	Water Walk (2)	Water Walk (2)	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)	9:15-1pm Lap Swim (4)	9:15am-1pm Lap Swim (4)	9:30-1pm Lap Swim (4)	9:15am-1pm Lap Swim (4)	11am-2:45pm Open Swim Lap Swim (3)	C
Water Walk (2)	Water Walk (2)	Water Walk (2)	Water Walk (2)	Water Walk (2)		
1-2pm Senior Exercise Lap Swim (3)	1-2pm Lap Swim (4) Water Walk (2)	1-2pm Senior Exercise Lap Swim (3)	1-2pm Lap Swim (4) Water Walk (2)	1-2pm Senior Exercise Lap Swim (3)		L
2-4pm Open Swim Y Day Camp/After School Lap Swim (3)	2-3:30pm Open Swim Y Day Camp/After School Lap Swim (3)	2-4pm Open Swim Y Day Camp/After School Lap Swim (3)	2-4pm Open Swim Y Day Camp/After School Lap Swim (3)	2-4pm Open Swim Y Day Camp/After School Lap Swim (3)		O
4-6pm Lap Swim (4)	4-6pm Lap Swim (4)	4-6pm Lap Swim (4)	4-6pm Lap Swim (4)	4-7:45pm Family Swim		S
Water Walk (2)	Water Walk (2)	Water Walk (2)	Water Walk (2)	Lap Swim (3)		
6-7pm AquaFit	6-7pm AquaFit	6-7pm AquaFit	5:30-7pm AquaFit	4-7:45pm Family Swim		E
Lap Swim (3)	Lap Swim (3)	Lap Swim (3)	Lap Swim (2)	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)	4-7:45pm Family Swim Lap Swim (3)		D

Lap lanes are available first-come-first served.

Parentheses indicate the number of lanes available for each activity.

PLEASE NOTE: PRIVATE LESSONS ARE SCHEDULED AT VARIOUS TIMES

BOB FREESEN YMCA

August 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

FAMILY SWIM TIMES

M-TH 7-7:45PM

F 4-7:45PM

OPEN SWIM TIMES

M-F 2-4PM

SAT 11AM-2:45PM

Parentheses indicate the number of lanes available for each activity.