

BOB FREESEN YMCA

POOL SCHEDULE Fall 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)	1-3:30pm POOL CLOSED	1-2pm Senior Exercise Lap Swim (3)	1-3:30pm POOL CLOSED	1-2pm Senior Exercise Lap Swim (3)		L
2-4pm Open Swim Y After School Lap Swim (3)	3:30-4pm Swim Lessons (2) Lap Swim (4)	2-4pm Open Swim Y After School Lap Swim (3)	3:30-4pm Swim Lessons (2) Lap Swim (4)	2-4pm Open Swim Y After School Lap Swim (3)		O
4-5:30pm Swim Team (5) Lap Swim (1)	4-5pm Swim Lessons (2) 4-5:30pm Swim Team (4) NO LAP LANE 4-5pm	4-5:30pm Swim Team (5) Lap Swim (1)	4-5pm Swim Lessons (2) 4-5:30pm Swim Team (5) NO LAP LANE 4-5pm	4-5pm Swim Team (4) Lap Swim (2)		S
5:30-7pm Swim Lessons (3) 6-6:45pm AquaFit Lap Swim (3)	5:30-7pm Swim Lessons (3) 6-6:45pm AquaFit Lap Swim (3)	5:30-7pm Swim Lessons (3) 6-6:45pm AquaFit Lap Swim (3)	5:30-7pm Swim Lessons (3) 6-6:45pm AquaFit Lap Swim (2)	5-7:45pm Family Swim Lap Swim (3)		E
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.

BOB FREESEN YMCA

FALL 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

Y SWIM TEAM

M-TH 4-5:30pm

F 4-5pm

Y SWIM LESSONS

T/TH 3:30-5pm

M-TH 5:30-7pm

PLEASE NOTE: PRIVATE LESSONS ARE SCHEDULED AT VARIOUS TIMES

PLEASE NOTE: THERE IS NO LAP LANE AVAILABLE TUESDAY AND THURSDAY 4-5pm.

Lanes at that time are used for YMCA Swim Lessons and YMCA Swim Team.