Our primary focus is the health and safety of our members. To ensure the best possible experience for all and conform to state and local guidelines the following policies are in place:

- All swimmers must be active members and have an up to date waiver on file. [Click here](#) to e-sign the waiver prior to your visit.
- Swimming will be limited to 1 swimmer per lane.
- Swimmers must reserve a lane using our mobile app or website. [Click here](#) to view reservation instructions.
- Swimmers must provide their own equipment, i.e., kickboards, pull buoys, noodles or flotation belts. The Y will not be able to provide any of these items.
- Post-swim showers and changing space will be available.
- Follow signs and deck markings. Use sanitizing spray bottles provided in locker rooms on all surfaces touched.
- Up to 4 family members may share one lane during family swim. Must bring your own equipment.
- Lap/Exercise/Family Lane is open to any individual member or family group (up to 4 members of the same household).
- Family groups must have an adult at least 18yrs in the water with any swimmer who cannot pass the swim test.
- An adult must remain on the pool deck with any swimmer below age 13 years.
- Swimmers 13yrs to 18 years may use the Lap/Exercise/Family lane for Lap swimming with a valid membership.
- Aqua Fit classes are reservation only with a max limit of 12 people. Must bring your own equipment. Participants will be handed equipment from the instructor and are permitted to bring their own.

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**Welcome Back to the Y!**

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**FREEHOLD FAMILY YMCA**  
**YMCA OF GREATER MONMOUTH COUNTY**  
470 East Freehold Road  
Freehold, NJ 07728  
732.462.0464  
info@ymcanj.org  
YMCANJ.org  
Here for all.  
Financial assistance is offered based on availability of funds.