



FREEHOLD SWIM SCHEDULE

DITTMAR POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6 LANES LAP/EXERCISE 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM 10:00 AM - 11:00 AM 11:00 AM - 12:00 PM	3 LANES LAP/EXERCISE 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM AQUA FIT CLASS 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM	6 LANES LAP/EXERCISE 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM 10:00 AM - 11:00 AM 11:00 AM - 12:00 PM	3 LANES LAP/EXERCISE 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM AQUA FIT CLASS 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM	6 LANES LAP/EXERCISE 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM 10:00 AM - 11:00 AM 11:00 AM - 12:00 PM	6 LANES LAP/EXERCISE/FAMILY 7:00 AM - 8:00 AM 8:00 AM - 9:00 AM 12:00 PM - 1:00 PM
3 LANES LAP/EXERCISE 9:00 AM - 10:00 AM	6 LANES LAP/EXERCISE 9:00 AM - 10:00 AM 10:00 AM - 11:00 AM 11:00 AM - 12:00 PM	3 LANES LAP/EXERCISE 9:00 AM - 10:00 AM	6 LANES LAP/EXERCISE 9:00 AM - 10:00 AM 10:00 AM - 11:00 AM 11:00 AM - 12:00 PM	3 LANES LAP/EXERCISE 9:00 AM - 10:00 AM	2 LANES LAP/EXERCISE/FAMILY 9:00 AM - 10:00 AM 10:00 AM - 11:00 AM 11:00 AM - 12:00 PM
TOTAL AQUA 9:00 AM - 10:00 AM	TOTAL AQUA 9:00 AM - 10:00 AM	TOTAL AQUA 9:00 AM - 10:00 AM	TOTAL AQUA 9:00 AM - 10:00 AM	TOTAL AQUA 9:00 AM - 10:00 AM	
4 LANES LAP/EXERCISE/FAMILY 4:00 PM - 5:00 PM	4 LANES LAP/EXERCISE/FAMILY 4:00 PM - 5:00 PM	4 LANES LAP/EXERCISE/FAMILY 4:00 PM - 5:00 PM	4 LANES LAP/EXERCISE/FAMILY 4:00 PM - 5:00 PM	4 LANES LAP/EXERCISE/FAMILY 4:00 PM - 5:00 PM	
1 LANE LAP/EXERCISE/FAMILY 5:00 PM - 6:00 PM 6:00 PM - 7:00 PM	1 LANE LAP/EXERCISE/FAMILY 5:00 PM - 6:00 PM 6:00 PM - 7:00 PM	1 LANE LAP/EXERCISE/FAMILY 5:00 PM - 6:00 PM 6:00 PM - 7:00 PM	1 LANE LAP/EXERCISE/FAMILY 5:00 PM - 6:00 PM 6:00 PM - 7:00 PM	1 LANE LAP/EXERCISE/FAMILY 5:00 PM - 6:00 PM 6:00 PM - 7:00 PM	

MASKS ARE REQUIRED AT ALL TIMES WHEN NOT IN THE POOL.

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.
- > Swimming will be scheduled in 1-hour blocks with 45-mins of swim time. Swim time will end at 45-mins past the hour regardless of when the swimmer entered the pool.
- > 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.

MEMBER CHECK IN

- > Members will check in one at a time through the main entrance door. Members must wear a face covering and practice social distancing at all times when not swimming.
- > All members will undergo a wellness check at the entrance. Wellness check will include a Covid-19 symptom survey and a touchless temperature scan. Anyone experiencing any Covid-19 symptoms or a temperature above 100.4° F will not be allowed to enter the facility.
- > Members will check into the facility using their Y scan card or mobile app.



Welcome Back to the Y!

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.