



FREEHOLD FAMILY YMCA POOL SCHEDULES

POOL KEY:
(D#) Dittmar #/lanes
(C) Cobb

SPRING 2: April 24 - June 18, 2023

Schedule subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM	5:00am-9:00am (D6) 9:00am-11:00am (D2) 11:00am-4:45pm (D4) 4:45pm-5:45pm (D1) 6:45pm-8:30pm (D2)	5:00am-9:00am (D6) 9:00am-10:00am (D3) 10:00am-4:00pm (D4) 4:00pm-4:45pm (D5) 5:45pm-7:00pm (D6) 7:00pm- 8:45pm (D1)	5:00am-9:00am (D6) 9:00am-11:00am (D2) 11:00am-4:45pm (D4) 4:45pm-6:45pm (D1) 8:00pm-8:45pm (D4)	5:00am-9:00am (D6) 9:00am-10:00am (D3) 10:00am-4:45pm (D4) 7:00pm- 8:00pm (D1) 8:00pm-8:45pm (D4)	5:00am-9:00am (D6) 9:00am-11:00am (D2) 11:00am-4:00pm (D4) 4:00pm-5:00pm (D3) 5:00pm-6:30pm (D1) 8:15pm-8:45pm(D4)	8:00am-9:00am (D6) 9:00am-11:45am (D3) 11:45am-2:45pm (D4)	8:00am-2:30pm (D4)
OPEN SWIM (Dittmar)	11:00am-4:00pm (D2)	10:00am-4:00pm (D2)	11:00am-4:00pm (D2) 8:00pm-8:45pm (D2)	10:00am-4:00pm (D2) 8:00pm-8:45pm (D2)	11:00am-4:00pm (D2) 8:15pm-8:45pm (D2)	11:45am-2:45pm (D2)	8:00am-2:30pm (D2)
OPEN SWIM (Cobb)	9:00am-12:00pm(C) 6:30pm- 8:45pm (C)	9:00am-12:00pm (C) 6:45pm-8:45pm (C)	9:00am-12:00pm (C) 6:30pm-8:45pm (C)	10:45am-1:00pm (C) 7:00pm-8:45pm (C)	9:00am-12:00pm (C) 6:30pm-8:45pm (C)	8:00am-8:30am (C) 12:15pm-2:45pm (C)	8:00am-2:45pm (C)
AQUA FITNESS	9:00am-10:00am (D4) 10:00am-11:00am (D4)	8:00am-9:00am (C) 9:00am-10am (D3)	9:00am-10:00am (D4) 10:00am-11:00am (D4)	8:00am-9:00am (C) 9:00am-10am (D3)	9:00am-10:00am (D4) 10:00am-11:00am (D4)		
YOUTH SWIM LESSONS	4:05pm-6:45pm (D2) 4:05pm-6:30pm (C)	4:05pm-6:45pm (C)	4:05pm-5:45pm (D3) 4:05pm-6:30pm (C)	4:05pm-6:50pm (D2) 4:05pm-7:00pm (C)	4:30pm-6:30pm (C)	9:05am-11:35am (D1) 9:05pm-11:45pm (D2) 8:30am-12:10pm (C)	
SWIM TEAM	4:45pm-5:45pm (D3) 5:45pm-7:15pm (D4) 7:15pm-8:30pm (D6)	4:45pm-5:45pm (D5) 7:00pm-8:45pm (D5)	4:45pm-6:30pm (D3) 6:30pm-8pm (D6)	4:45pm-6:30pm (D3) 6:30pm-8:00pm (D5)	4:00pm-5:00pm (D3) 5:00pm-6:30pm (D5) 6:30pm-8:15pm (D6)	2:00pm-5:45pm (D6)	

FREEHOLD FAMILY YMCA
YMCA OF GREATER MONMOUTH COUNTY

470 East Freehold Road
Freehold, NJ 07728

732.462.0464
info@ymcanj.org

YMCA NJ.org



Here for all.

Financial assistance is offered
based on availability of funds.



Freehold Family YMCA DITTMAR LAP LANE AVAILABILITY

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>	
5am								
6am								
7am	6	6	6	6	6			
8am	2	3	2	3	2	6	4	
9am		4		3		4		3
10am								
11am								
12pm								
1pm	4	4	4	4	4			
2pm								
3pm								
4pm								
5pm	1	1	1			3		
6pm								
7pm	2			1				
8pm								
9pm								

- > When there are 1 or 2 lap swimmers in a lane, they may elect to split the lane in half.
- > The entrance of a third person changes the lane to 'circle' swimming format.
- > Schedules subjected to without notice.