



FREEHOLD FAMILY YMCA POOL SCHEDULE

WINTER SCHEDULE : January 2—February 25, 2024

(D#) – DITTMAR POOL (C) –COBB POOL

(#) LANES AVAILABLE

Schedule subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM (DITTMAR)	6:10am–9:00am (6) 9:00am–11:00am (2) 11:00am–2:20pm (4) 4:00pm–4:30pm (4) 4:30pm–6:00pm (1) 6:45pm– 7:45pm (2) 7:45pm– 8:45pm (3)	6:10am–9:00am (6) 9:00am–10:00am (3) 10:00am–2:20pm (4) 4:00pm–5:00pm (5) 5:00pm–6:45pm (2) 6:45pm–8:15pm (1) 8:15pm–8:45pm (6)	6:10am–9:00am (6) 9:00am–10:00am (2) 10:00am–2:20pm (4) 4:00pm–5:00pm (3) 5:00pm–5:30pm (1) 6:45pm– 7:45pm (2) 7:45pm–8:45pm (3)	6:10am–9:00am (6) 9:00am–10:00am (3) 10:00am–11:00am(2) 11:00am–2:20 pm (4) 4:00pm–4:45pm (4) 4:45pm–6:45pm (2) 6:45pm–8:15pm (1) 8:15pm –8:45pm (6)	6:10am–9:00am (6) 9:00am–11:00am (2) 11:00am–2:20pm (4) 4:00pm–5:00pm (6) 5:00pm–6:30pm (1) 8:15pm–8:45pm (4)	7:00am–8:30am (6) 8:30am–12:00pm (2) 12:00pm–4:45pm (4)	7:00am–2:20pm (4) 3:30pm–4:45pm (4)
OPEN SWIM (DITTMAR)	11:00am–2:20pm (2)	10:00am–2:20pm (2) 4:00pm– 6:45pm (1)	10:00am–2:20pm (2)	11:00am–2:20pm (2)	11:00am–2:20pm (2) 8:15pm–8:45pm (2)	8:30am–4:45pm (2)	7:00am–2:20pm (2) 3:30pm–4:45pm (2)
OPEN SWIM (COBB)	10:40am–4:00pm 6:00pm– 8:45pm	9:00am–4:00pm 6:35pm– 8:45pm	9:00am–4:00pm 6:45pm– 8:45pm	9:00am–4:00pm 6:45pm– 8:45pm	9:00am–4:30pm 5:45pm– 8:45pm	7:00am–8:30am 12:15pm–4:45pm	7:00am–4:45pm
AQUA FITNESS	9:00am–10:00am (D) 10:00am–11:00am (D)	8:00am–9:00am (C) 9:00am–10:00am (D)	8:00am–9:00am (C) 9:00am–10:00am (D)	9:00am–10:00am (D) 10:00am–11:00am (D)	9:00am–10:00am (D) 10:00am–11:00am (D)		
YOUTH SWIM LESSONS	4:05pm–6:45pm (C) 4:05pm–6:45pm (D)	4:05pm–6:45pm (C)	4:05pm–6:35pm (C) 4:05pm–6:45pm (D)	4:05pm–6:45pm (C)	4:30pm–5:45pm (C)	8:30am–12:15pm (C) 8:30am–11:45pm (D)	
SWIM TEAM (DITTMAR)	5:00am–6:00am 2:30pm–4:00pm 4:30pm–8:45pm	5:00am–6:00am 2:30pm–4:00pm 5:00pm–6:45pm 6:45pm–8:15pm	5:00am–6:00am 2:30pm–4:00pm 4:15pm–5:00pm 5:00pm–8:45pm 5:30pm–6:30pm	5:00am–6:00am 2:30pm–4:00pm 5:00pm–6:45pm 6:30pm–8:15pm	5:00am–6:00am 2:30pm–4:00pm 5:00pm–6:30pm 6:30pm–8:15pm		2:30pm–3:30pm

- > Lap lanes must be shared with other members
- > 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.
- > Cobb Pool is closed to members during swim lessons

**Pool Closed during High School Swim Meet from 2pm-4pm on the following dates:*

January 2,4, 9, 11, 16, 18, 23, 25, 26, 30, 31

February: TBD