



**FREEHOLD FAMILY YMCA  
POOL SCHEDULE  
SPRING II SCHEDULE : April 22 - June 16, 2024**

(D) - DITTMAR POOL (C) - COBB POOL

(#) - LANES AVAILABLE

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

**\*\*Schedule subject to change without notice\*\***

**Revised 4/24/24**