



FREEHOLD FAMILY YMCA POOL SCHEDULE

SUMMER SCHEDULE : June 24— September 2, 2024

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

(#) LANES AVAILABLE

Schedule subject to change without notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM (DITTMAR)	5:00am-9:00am (6) 9:00am-11:00am (2) 11:00am-7:30pm (4) 7:30pm-8:45pm (6)	5:00am-9:00am (6) 9:00am-10:00am (3) 10:00am-4:00pm (4) 4:00pm-6:40pm (3) 6:40pm-8:45pm (6)	5:00am-9:00am (6) 9:00am-11:00am (2) 11:00am-4:00pm (4) 4:00pm-6:45pm (4) 6:45pm-8:45pm (6)	5:00am-9:00am (6) 9:00am-10:00am (3) 10:00am-4:00pm (4) 4:00pm-7:20pm (3) 7:20pm-8:45pm (6)	5:00am-9:00am (6) 9:00am-11:00am (2) 11:00am-4:00pm (4) 4:00pm-8:45pm (6)	7:00am-8:30am (6) 8:30am-12:00pm (2) 12:00pm-2:00pm (3) 2:00pm-4:45pm (4)	7:00am-4:45pm (4)
OPEN SWIM (DITTMAR)	11:00am-4:00pm (2)	10:00am-4:00pm (2)	11:00am-4:00pm (2)	10:00am-4:00pm (2)	11:00am-4:00pm (2)	8:30am-4:45pm (2)	7:00am-4:45pm (2)
OPEN SWIM (COBB)	10:30am-3:30pm	10:30am-3:30pm	10:30am-3:30pm	10:30am-3:30pm	10:30am-3:30pm		
AQUA FITNESS	9:00am-10:00am (D) 10:00am-11:00am (D)	8:00am-9:00am (O) 9:00am-10:00am (D)	9:00am-10:00am (D) 10:00am-11:00am (D)	8:00am-9:00am (O) 9:00am-10:00am (D)	9:00am-10:00am (D) 10:00am-11:00am (D)		
YOUTH SWIM LESSONS	4:05pm-6:45pm (C) 4:05pm-7:30pm (D)	4:05pm-6:35pm (C) 4:05pm-6:40pm (D)	4:55pm-7:00pm (C) 4:05pm-6:45pm (D)	4:05pm-7:05pm (C) 4:05pm-7:20pm (D)		8:30am-12:15pm (C) 8:30am-12:00pm (D)	9:05am-12:10pm (C)
SHARKS SUMMER SWIM TEAM	JUNE 24 - JULY 19 USE 4 LANES 4:45pm-7:45pm	JUNE 24 - JULY 19 USE 4 LANES 4:45pm-7:45pm	JULY 17 USE 4 LANES 4:45pm-7:45pm	JUNE 24 - JULY 19 USE 4 LANES 4:45pm-7:45pm	JUNE 24 - JULY 19 USE 4 LANES 4:45pm-7:45pm		

Outside Swim Club revised hours:

- > 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
- > Wednesday June 26, Swim Club will close at 4:45pm
- > Saturday June 29 and July 6, Swim Club opens at 11:30am
- > Thursday July 25, Swim Club closes at 5:45pm
- > Wednesday August 7, Swim Club closes at 6:00pm