



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# NASHUA POOL SCHEDULE

Term F Dates Monday July 1st—Sunday August 25th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Swim</b> (#) denotes the number of lap lanes <b>likely</b> to be available. Red indicates <b>ADULT ONLY</b> lap swim.	5:00a-9:00a (5) <b>9:00a-9:45a (0)</b> 9:45a-10:15a (2) <b>10:15a-11:00a (0)</b> 11:00a-12:00 (1) 12:00-1:15p (2) 1:15p-2:30 (2) 2:30-4:00p (4) <b>4:00p-6:15p (1)</b> 6:15p-7:45p (2) <b>7:45p-9:00p (0)</b> 9:00p-9:30p (6)	5:00a-9:00a (5) <b>9:00a-9:45a (0)</b> 9:45a-10:45a (2) <b>10:45a-1:15p (1)</b> 1:15p-3:30p (2) <b>3:30p-5:30p (1)</b> 5:30p-7:15p (2) <b>7:15p-8:00p (0)</b> 8:00p-9:00p (2) 9:00p-9:30p (6)	5:00a-6:00a (5) 6:00a-7:00a (2) 7:00a-9:00a (5) 9:00a-9:45a (2) 9:45a-10:15a (4) 10:15a-10:45a (2) <b>10:45a-1:30a (1)</b> 1:30-3:30p (2) 3:30p-4:00p (4) <b>4:00p-4:30p (1)</b> <b>4:30p-6:15p (0)</b> 6:15p-7:15p (2) 7:15-9:30p (3)	5:00a-9:00a (5) 9:00a-9:45a (2) 9:45a-10:15a (4) <b>10:15a-1:15p (1)</b> 1:15p-2:30p (4) 2:30p- 3:15p (2) 3:15p-3:45p (4) <b>3:45p-4:30p (1)</b> <b>4:30p-5:30p (0)</b> 5:30p-7:15p (2) <b>7:15p-9:15p (1)</b> 9:15p-9:30p (6)	5:00-5:15a (5) 5:15a-6:15a (3) 6:15a-9:00a (5) 9:00a-9:45a (2) 9:45a-1:30p (4) <b>1:30p-2:30p (1)</b> 2:30p-4:00p (4) <b>4:00p-6:30p (1)</b> 6:30p-8:45p (2) 8:45p-9:30p (6)	6:00a-7:00a (5) <b>7:00a-8:30a (1)</b> 8:30a-1:45p (2) 1:45p-6:30p (4)	8:00a-10:00a (5) 10:00a-2:30p (4) 2:30p-5:30p (2)
<b>Individual Adult</b>	5:00a-9:00a(1)	5:00-9:00a(1)	5:00-6:00a(1)	5:00-9:00(1)	5:00-7:00a(1)	6:00-7:00a(1)	8:00-10:00a (1)
<b>Recreational Swim</b> (Lap Pool) Red indicates <b>DEEP END ONLY</b> .	9:45a-10:15a 11:00a -11:30a <b>11:30a - 3:30p</b> 3:30p-4:00p	9:45a-10:45a 11:30a-12:15p 1:00p-3:30p	9:45a-11:30a <b>11:30a-3:30p</b> 3:30p-4:00p 8:00p-9:30p	9:45a-10:45a 11:30-12:15p 1:00p-2:30p	9:45a-4:00p 8:45p-9:30p	1:30p-6:30p	10:00a-2:30p
<b>Family Pool</b>	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-6:30p	9:00a-5:30p
<b>Waterslide</b>			5:30-8:30p	4:00-5:00 5:30-8:30p	4:00-8:30p	12:00-6:30p	1:00-5:30

*Pool schedules may be modified after the first week of the term to best serve our members and class participants.*

<b>Y Programming</b>	9:00a-9:45a (2) 10:15a-1:15p (2) 4:00p-6:15p (3)	9:30a-1:15p (2) 3:30p-5:30p (1) 5:30p-7:15p (4)	10:15a-1:15p (2) 4:00p-4:30p (3) 4:30p-5:30p (4) 5:30p-6:15p (3)	10:15a-1:15p (2) 3:30p-5:00p (1) 5:40p-7:15p (4)	4:00p-5:35p (5) 5:35p-6:30p (1)	8:45a-1:30p (4)	2:30p-5:15p (4)	
<b>YMCA Storm Swim Team</b>	4:00p-6:15p (2) 6:15p-7:30p (4)	3:30p-5:30p (4) 7:15p-9:15p (4)	4:00p-5:30p (2) 5:30p-6:15p (3) 6:15p-7:15p (4)	4:00p-5:30p (4) 7:15p-9:15p (5)	5:15a-6:15a (2) 5:45p-8:45p (4)	7:00a-8:30a (5)		
<b>Water Exercise</b>	Silver Splash 9:00a-9:45a (4) Aqua Bootcamp 10:15a-11:00a (4)	Water Works 9:00a-9:45a (4) Arthritis Foundations 10:45a-11:30a (3) Aqua Zumba 11:45-12:30p (3) Aqua Fitness 7:15p-8:00p (2)	Aqua Fit 9:00a-9:45a (4) Aqua Zumba 7:15p-8:00p (3)	Aqua Power 9:00a-9:45a (4) Arthritis Foundations 10:45a-11:30a (3) Aqua Zumba 11:45-12:30p (3)	Aqua Sculpt 9:00a-9:45a (4)			
<b>Rental Groups</b>	11:30a-3:30p	2:30p-3:30p (2)	7:00a-9:00a (1) 11:30a-3:30p 2:45p-3:30p (2)	2:30p-3:30p (2)	7:00a-9:00a (1) 1:30p-2:30p (3)			
<b>Adult Swim Instruction</b>	Triathlon Swim 7:45p-9:00p (6)		SETS 10:45a-11:45a (2) Triathlon Swim 6:00a-7:00a (4)	Plus Company 2:30p-3:15p (2)				

Please note pool schedule may be adjusted slightly to best serve our members. Please understand there may be an approximate 5 minute variance in lap lane availability in order to move lanes.

Revised 7/9/2019. Please contact Aquatics Director Kevin Morton kmorton@nymca.org with additional questions.