

# LAP AND REC SWIMMING SCHEDULE

Merrimack Y - Session E  
(May 4 - June 21)

## MONDAY

### LAP SWIM

5:00 - 6:15am | 3 Lanes  
6:15 - 8:25am | 5 Lanes  
8:25 - 10:15am | 2 Lanes  
10:15 - 3:15pm | 4 Lanes  
3:15 - 4:45pm | 1 Lane  
5:30 - 6:30pm | 2 Lanes

### REC SWIM

10:15 - 2:20pm | 1 Lane

## TUESDAY

### LAP SWIM

5:00 - 8:20am | 5 Lanes  
8:20 - 9:00am | 2 Lanes  
10:20 - 12:00pm | 2 Lanes  
12:00 - 4:00pm | 4 Lanes  
4:00 - 5:30pm | 1 Lane  
5:30 - 6:30pm | 3 Lanes  
6:30 - 7:30pm | 1 Lane

### REC SWIM

10:20 - 3:50pm | 1 Lane

## WEDNESDAY

### LAP SWIM

5:00 - 6:15am | 3 Lanes  
6:15 - 8:20am | 5 Lanes  
8:20 - 9:00am | 2 Lanes  
9:20 - 12:00pm | 2 Lanes  
12:00 - 1:00pm | 4 Lanes  
1:00 - 2:00pm | 3 Lanes  
2:00 - 2:30pm | 4 Lanes  
2:30 - 4:00pm | 2 Lanes  
7:00 - 8:30pm | 1 Lane

### REC SWIM

9:20 - 12:50pm | 1 Lane

## THURSDAY

### LAP SWIM

5:00 - 8:20am | 5 Lanes  
8:20 - 9:00am | 2 Lanes  
10:20 - 12:00pm | 2 Lanes  
12:00 - 2:00pm | 4 Lanes  
2:00 - 4:00pm | 3 Lanes  
4:00 - 5:00pm | 1 Lane

### REC SWIM

10:20 - 2:50pm | 1 Lane

## FRIDAY

### LAP SWIM

5:00 - 6:15am | 3 Lanes  
6:15 - 8:20am | 5 Lanes  
8:20 - 9:20am | 2 Lanes  
9:20 - 2:30pm | 4 Lanes  
2:30 - 4:00pm | 3 Lanes  
4:00 - 6:30pm | 1 Lane  
6:30 - 8:30pm | 4 Lanes

### REC SWIM

9:20 - 2:30pm | 1 Lane  
5:00 - 8:30pm | 1 Lane

## SATURDAY

### LAP SWIM

6:00 - 6:30am | 5 Lanes  
8:30 - 12:30pm | 2 Lanes  
12:30 - 4:30pm | 3 Lanes

### REC SWIM

12:30 - 4:30pm | 2 Lanes

## SUNDAY

### LAP SWIM

8:00 - 12:00pm | 5 Lanes  
12:00 - 3:30pm | 2 Lanes

### REC SWIM

12:00 - 3:30pm | 2 Lanes

**POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE, BASED ON PROGRAMMING NEEDS.**

**Lap Swim:** For swimmers who intend to swim full lengths of the pool. At busy times and when more than one swimmer are in a lane please share by splitting the lane or circle swimming.

**Rec Swim:** For Family swim, aqua fitness, and other leisure activities. Swimmers can use appropriate available equipment.

**Those under 13 who cannot pass swim test must have adult 18+ in the water with them.**

**Questions related to Lap Swim or Recreation Swim reach out to Nae Theberge at [ntheberge@nmymca.org](mailto:ntheberge@nmymca.org)**

