

LAP SWIM, REC SWIM, FAMILY POOL SCHEDULE

Nashua Y – Session E
(May 4 – June 21)

MONDAY

LAP SWIM

5:00 – 9:00am | 5 Lanes
9:00 – 9:45 am | 2 Lanes
9:45 – 10:30am | 4 Lanes
10:30 – 11:15pm | 3 Lanes
11:15 – 3:00pm | 4 Lanes
3:00 – 4:30pm | 5 Lanes
4:30 – 5:00pm | 2 Lanes
5:30 – 6:30pm | 4 Lanes

REC SWIM

5:00 – 9:00am | 1 Lane
9:45 – 10:30pm | 2 Lanes
11:15 – 3:00pm | 2 Lanes
3:00 – 4:30pm | 1 Lane

FAMILY POOL

7:00 – 3:00pm | Full Pool
3:00 – 7:00pm | Half Pool
7:00 – 8:30pm | Full Pool

TUESDAY

LAP SWIM

5:00 – 10:30am | 5 Lanes
10:30 – 11:15am | 2 Lanes
11:15 – 3:00pm | 4 Lanes
3:00 – 4:00pm | 5 Lanes
4:00 – 4:45pm | 3 Lanes
5:30 – 6:00pm | 4 Lanes
6:45 – 8:30pm | 1 Lane

REC SWIM

5:00 – 10:30am | 1 Lane
11:15 – 3:00pm | 2 Lanes

FAMILY POOL

7:00 – 10:00am | Full Pool
12:00 – 4:00pm | Full Pool
4:00 – 7:15pm | Half Pool
7:15 – 8:30pm | Full Pool

WEDNESDAY

LAP SWIM

5:00 – 8:00am | 5 Lanes
8:00 – 10:30am | 4 Lanes
10:30 – 11:15am | 3 Lanes
11:15 – 3:00pm | 4 Lanes
3:00 – 4:30pm | 6 Lanes
5:30 – 6:30pm | 1 Lane

REC SWIM

5:00 – 8:00am | 1 Lane
8:00 – 9:00am | 1 Lane
9:00 – 10:30am | 2 Lanes
11:15 – 3:00pm | 2 Lanes

FAMILY POOL

7:00 – 10:00am | Full Pool
10:00 – 11:00am | Half Pool
11:00 – 3:00pm | Full Pool
3:00 – 6:00pm | Half Pool
6:00 – 8:30pm | Full Pool

THURSDAY

LAP SWIM

5:00 – 10:30am | 5 Lanes
10:30 – 11:15am | 2 Lanes
11:15 – 3:00pm | 4 Lanes
3:00 – 4:00pm | 5 Lanes
5:30 – 6:00pm | 6 Lanes
6:45 – 8:30pm | 1 Lane

REC SWIM

5:00 – 10:30am | 1 Lane
11:15 – 3:00pm | 2 Lanes
3:00 – 4:00pm | 2 Lanes

FAMILY POOL

7:00 – 4:00pm | Full Pool
4:00 – 7:30pm | Half Pool
7:30 – 8:30pm | Full Pool

FRIDAY

LAP SWIM

5:00 – 9:00am | 5 Lanes
9:00 – 9:45am | 2 Lanes
9:45 – 11:15am | 2 Lanes
11:15 – 3:00pm | 4 Lanes
3:00 – 3:30pm | 5 Lanes
3:30 – 6:00pm | 1 Lane
6:00 – 7:00pm | 2 Lanes
7:00 – 8:30pm | 4 Lanes

REC SWIM

5:00 – 9:00am | 1 Lane
9:45 – 10:30am | 4 Lanes
11:15 – 3:00pm | 2 Lanes
6:45 – 8:30pm | 2 Lanes

FAMILY POOL

7:00 – 8:30pm | Full Pool

SATURDAY

LAP SWIM

6:00 – 6:30am | 6 Lanes
6:30 – 7:00am | 3 Lanes
7:00 – 8:30am | 1 Lane
8:30 – 9:00am | 1 Lane
9:00 – 4:30pm | 4 Lanes

REC SWIM

9:00 – 4:30pm | 2 Lanes

FAMILY POOL

7:00 – 10:00am | Full Pool
10 – 12:30pm | Half Pool
12:30 – 4:30pm | Full Pool

SUNDAY

LAP SWIM

8:00 – 2:30pm | 4 Lanes
2:30 – 3:30pm | 1 Lane

REC SWIM

8:00 – 1:00pm | 2 Lanes

FAMILY POOL

8:00 – 3:30pm | Full Pool

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 aqua fitness, water walking, 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, Rec Swim, or the Family Pool reach out to Sarah Mulder at smulder@nmymca.org

