

# LAP SWIM, REC SWIM, FAMILY POOL SCHEDULE

Nashua Y - Session F  
(June 29-August 23)

## MONDAY

### LAP SWIM

5:00 - 8:00am | 6 Lanes  
8:00 - 9:00am | 4 Lanes  
9:00 - 11:15am | 3 Lanes  
11:20 - 2:30pm | 4 Lanes  
2:30 - 4:00pm | 6 Lanes  
4:00 - 4:25pm | 4 Lanes  
4:30 - 5:30pm | 1 Lane  
5:30 - 6:25 | 5 Lanes  
8:00 - 8:30pm | 3 Lanes

### REC SWIM

8:00 - 9:00am | 2 Lanes  
9:45 - 10:30am | 3 Lanes  
11:20 - 2:30pm | 2 Lanes

### FAMILY POOL

7:00 - 2:55pm | Full Pool  
3:00 - 4:45pm | Half Pool  
6:25 - 7:00pm | Half Pool  
7:00 - 8:30pm | Full Pool

## TUESDAY

### LAP SWIM

5:00 - 8:00am | 5 Lanes  
8:00 - 10:25am | 4 Lanes  
10:30 - 11:00am | 1 Lane  
11:00 - 11:15am | 2 Lanes  
11:20 - 11:55am | 4 Lanes  
12:00 - 12:30pm | 3 Lanes  
12:30 - 2:00pm | 4 Lanes  
2:00 - 3:00pm | 6 Lanes  
3:00 - 4:00pm | 3 Lanes  
4:45 - 7:00pm | 1 Lane  
7:30 - 8:30pm | 1 Lane

### REC SWIM

5:00 - 8:00am | 1 Lane  
8:00 - 10:25am | 2 Lanes  
11:20 - 2:00pm | 2 Lanes

### FAMILY POOL

7:00 - 3:15pm | Full Pool  
3:20 - 6:55pm | Half Pool  
7:00 - 8:30pm | Full Pool

## WEDNESDAY

### LAP SWIM

5:00 - 8:00am | 5 Lanes  
8:00 - 10:25am | 4 Lanes  
10:30 - 11:15am | 3 Lanes  
11:20 - 3:55pm | 4 Lanes  
5:30 - 6:30 | 4 Lanes  
6:30 - 8:00pm | 1 Lane  
8:00 - 8:30pm | 3 Lanes

### REC SWIM

5:00 - 8:00am | 1 Lane  
8:00 - 9:00am | 1 Lane  
9:00 - 10:25am | 2 Lanes  
11:20 - 3:55pm | 2 Lanes

### FAMILY POOL

7:00 - 4:00pm | Full Pool  
7:00 - 8:30pm | Full Pool

## THURSDAY

### LAP SWIM

5:00 - 10:25am | 5 Lanes  
10:30 - 11:15am | 2 Lanes  
11:15 - 2:55pm | 4 Lanes  
3:00 - 3:55pm | 5 Lanes  
5:35 - 5:55pm | 4 Lanes  
6:45 - 8:30pm | 1 Lane

### REC SWIM

5:00 - 10:25am | 1 Lane  
11:15 - 2:55pm | 2 Lanes

### FAMILY POOL

7:00 - 10:00am | Full Pool  
12:00 - 4:10pm | Full Pool  
4:15 - 7:25pm | Half Pool  
7:30 - 8:30pm | Full Pool

## FRIDAY

### LAP SWIM

5:00 - 8:55am | 5 Lanes  
9:00 - 11:15am | 3 Lanes  
11:20 - 1:00pm | 4 Lanes  
1:00 - 2:10pm | 2 Lanes  
2:10 - 3:25pm | 4 Lanes  
3:30 - 5:30pm | 1 Lane  
5:30 - 7:00pm | 2 Lanes  
7:00 - 8:30pm | 4 Lanes

### REC SWIM

5:00 - 8:55am | 1 Lane  
9:45 - 10:30am | 3 Lanes  
11:20 - 2:10pm | 2 Lanes  
7:00 - 8:30pm | 2 Lanes

### FAMILY POOL

7:00 - 10:00am | Full Pool  
11:00 - 12:30pm | Half Pool  
12:30 - 2:05pm | Full Pool  
2:10 - 4:20pm | Half Pool  
4:20 - 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 - 9:55am | 4 Lanes  
10:00 - 1:00pm | 3 Lanes  
1:00 - 4:30pm | 4 Lanes

### REC SWIM

8:30 - 4:30pm | 2 Lanes

### FAMILY POOL

7:00 - 8:45am | Full Pool  
9:45 - 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.**

Rev. Date 6/30

**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](mailto:smulder@nmymca.org)

