

LAP AND REC SWIMMING SCHEDULE

Merrimack Y – Session F
(June 29 – August 23)

MONDAY

LAP SWIM

5:00 – 6:15am | 3 Lanes
6:15 – 8:25am | 5 Lanes
8:25 – 8:45am | 2 Lanes
8:45 – 10:00am | 1 Lane
10:15 – 10:30am | 3 Lanes
10:30 – 12:40pm | 4 Lanes
12:40 – 3:00pm | 2 Lanes
3:00 – 5:30pm | 3 Lanes
5:30 – 6:30pm | 5 Lanes
6:30 – 6:55pm | 1 Lane

REC SWIM

11:30 – 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 – 12:40pm | 4 Lanes
12:40 – 3:00pm | 2 Lanes
3:00 – 4:00pm | 4 Lanes
5:30 – 6:30pm | 2 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 – 12:40pm | 4 Lanes
12:40 – 2:00 | 2 Lanes
2:00 – 3:00pm | 1 Lane
3:00 – 4:00pm | 3 Lanes
7:00 – 8:30pm | 1 Lane

** No 7-8:30pm Lap Swim on
7/16, 7/29, 8/12, 8/26**

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 – 12:40pm | 4 Lanes
12:40 – 3:00pm | 2 Lanes
3:00 – 4:55pm | 3 Lanes
4:55 – 5:30pm | 2 Lanes
5:30 – 6:15 | 1 Lane
6:15 – 7:00pm | 2 Lanes

REC SWIM

10:20 – 3:20pm | 1 Lane

FRIDAY

LAP SWIM

5:00 – 6:15am | 3 Lanes
6:15 – 8:20am | 5 Lanes
8:20 – 8:45am | 2 Lanes
8:45 – 10:15am | 1 Lane
10:15 – 11:00am | 3 Lanes
11:00 – 4:00pm | 4 Lanes
4:00 – 6:30pm | 1 Lane
6:30 – 8:30pm | 4 Lanes

REC SWIM

9:20 – 10:00am | 1 Lane
10:30 – 3:00pm | 1 Lane
5:00 – 8:30pm | 1 Lane

SATURDAY

LAP SWIM

6:00 – 6:30am | 5 Lanes
8:30 – 11:40am | 2 Lanes
12:30 – 4:30pm | 3 Lanes

REC SWIM

11:30 – 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.

Rev. Date 7/13

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

