

LAP SWIM, REC SWIM, FAMILY POOL SCHEDULE

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

MONDAY

LAP SWIM

5:00–9:00am | 5 Lanes
9:00–9:45am | 2 Lanes
9:50–11:15am | 3 Lanes
11:20–4:25pm | 4 Lanes
4:30–5:25pm | 1 Lane
5:30–6:25pm | 4 Lanes
8:00–8:30pm | 3 Lanes

REC SWIM

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

FAMILY POOL

7:00 – 2:55pm | Full Pool
3:00 – 6:55pm | Half Pool
7:00 – 8:30pm | Full Pool

TUESDAY

LAP SWIM

5:00–10:25am | 5 Lanes
10:30–11:00am | 1 Lane
11:00–11:15am | 2 Lanes
11:20–2:55pm | 4 Lanes
3:00–3:15pm | 2 Lanes
3:15–4:25pm | 0 Lanes
4:25–5:55pm | 1 Lane
6:00–6:40pm | 2 Lanes
6:40–7:30pm | 0 Lanes
7:30–8:30pm | 1 Lane

REC SWIM

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

FAMILY POOL

7:00 – 4:40pm | Full Pool
4:45–6:55pm | 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
11:20–4:25pm | 4 Lanes
4:25–5:30pm | 0 Lanes
5:30–6:25pm | 4 Lanes
6:30–8:00pm | 1 Lane
8:00–8:30pm | 3 Lanes

REC SWIM

5:00 – 9:00am | 1 Lane
9:00 – 10:25am | 2 Lanes
11:20 – 3:30pm | 2 Lanes
3:30–3:55pm | 1 Lane

FAMILY POOL

7:00 – 4:00pm | Full Pool
4:00–6:50pm | Half Pool
6:55 – 8:30pm | Full Pool

THURSDAY

LAP SWIM

5:00 – 10:25am | 5 Lanes
10:30–11:15am | 3 Lanes
11:20–2:55pm | 4 Lanes
3:00–3:55pm | 4 Lanes
3:55–5:35pm | 0 Lanes
5:35–5:55pm | 6 Lanes
6:00–6:40pm | 1 Lane
6:40–7:30pm | 0 Lanes
7:30–8:45pm | 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 – 4:35pm | Full Pool
4:40 – 6:50pm | Half Pool
6:55 – 8:30pm | Full Pool

FRIDAY

LAP SWIM

5:00 – 8:55am | 5 Lanes
9:00–11:15am | 3 Lanes
11:20–12:15pm | 4 Lanes
12:15–12:45pm | 3 Lanes
3:30–5:30pm | 1 Lane
5:30–7:00pm | 2 Lanes
7:00–8:30pm | 6 Lanes

REC SWIM

5:00 – 8:55am | 1 Lane
9:45 – 10:30am | 3 Lanes
11:20–12:15pm | 2 Lanes
12:45–3:25pm | 2 Lanes

FAMILY POOL

7:00 – 10:00am | Full Pool
10:00–11:30am | Half Pool
11:30–4:00pm | Full Pool
4:00–4:30pm | Half Pool
4:30–8:30pm | 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 – 3:30pm | 4 Lanes

REC SWIM

8:00 – 3:30pm | 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

Rev. Date 7/10

