

LAP AND REC SWIMMING SCHEDULE

Merrimack Y – Break Week
(Aug 24 – Sep 2)

MONDAY

LAP SWIM

5:00 – 6:15am | 3 Lanes
6:15 – 8:25am | 5 Lanes
8:25 – 10:20am | 2 Lanes
10:20 – 5:30pm | 4 Lanes
5:30 – 7:30pm | 2 Lanes
7:30 – 8:30pm | 5 Lanes

REC SWIM

10:15 – 2:20pm | 1 Lane

TUESDAY

LAP SWIM

5:00 – 8:20am | 5 Lanes
8:20 – 10:20am | 2 Lanes
10:20 – 6:30pm | 4 Lanes
6:30 – 8:30pm | 5 Lanes

REC SWIM

10:20 – 6:30pm | 1 Lane

WEDNESDAY

LAP SWIM

5:00 – 6:15am | 3 Lanes
6:15 – 8:20am | 5 Lanes
8:20 – 9:15am | 2 Lanes
9:15 – 4:00pm | 4 Lanes
4:00 – 6:00pm | 2 Lanes

REC SWIM

9:20 – 12:50pm | 1 Lane

THURSDAY

LAP SWIM

5:00 – 8:20am | 5 Lanes
8:20 – 10:20am | 2 Lanes
10:20 – 5:30pm | 4 Lanes
5:30 – 7:00pm | 5 Lanes
7:00 – 8:30pm | 3 Lanes

REC SWIM

10:20 – 5:30pm | 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 – 8:30pm | 4 Lanes

REC SWIM

9:20 – 8:30pm | 1 Lane

SATURDAY

LAP SWIM

6:00 – 11:30am | 5 Lanes
11:30 – 4:30pm | 3 Lanes

REC SWIM

11:45 – 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 8/24

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

