

LAP SWIM, REC SWIM, FAMILY POOL SCHEDULE

Nashua Y – Session F
(August 24–31)

MONDAY

LAP SWIM

5:00–9:00am | 5 Lanes
9:00–9:45am | 2 Lanes
9:50–11:15am | 3 Lanes
11:20–5:45pm | 4 Lanes
5:45–7:45pm | 1 Lane
7:45–8:30pm | 6 Lanes

REC SWIM

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

FAMILY POOL

7:00–8:30pm | Full Pool

TUESDAY

LAP SWIM

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

REC SWIM

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

FAMILY POOL

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

WEDNESDAY

LAP SWIM

5:00 – 9:00am | 5 Lanes
9:00–10:25am | 4 Lanes
10:30–11:15am | 2 Lanes
11:20–4:00pm | 4 Lanes
4:00–8:30pm | 6 Lanes

REC SWIM

5:00 – 9:00am | 1 Lane
9:00 – 10:25am | 2 Lanes
11:20 – 4:00pm | 2 Lanes

FAMILY POOL

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

THURSDAY

LAP SWIM

5:00 – 10:25am | 5 Lanes
10:30–11:15am | 3 Lanes
11:20–3:55pm | 4 Lanes
**POOL CLOSED FOR
EVENT 4:00–5:15**
5:15–6:45pm | 6 Lanes
6:00–6:45pm | 1 Lane
6:45–8:30pm | 6 Lanes

REC SWIM

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

FAMILY POOL

7:00–4:00pm | Full Pool
**POOL CLOSED FOR
EVENT 4:00–5:15**
5:15–8:30pm | Full Pool

FRIDAY

LAP SWIM

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

REC SWIM

5:00 – 8:55am | 1 Lane
9:45 – 10:30am | 3 Lanes
11:20–3:30pm | 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 – 9:55am | 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 Nae at ntheberge@nmymca.org

Rev. Date 8/19

