

LAP SWIM, REC SWIM, FAMILY POOL SCHEDULE

Nashua Y – Session A
(Sept 1 – Nov 1)

MONDAY

LAP SWIM

5:00-9:00am | 4 Lanes
9:00-11:15am | 2 Lanes
11:20-4:25pm | 4 Lanes
4:30-7:45pm | 1 Lane
7:45-8:30pm | 6 Lanes

REC SWIM

5:00 – 9:00am | 2 Lanes
9:45 – 10:30am | 4 Lanes
11:20 – 3:55pm | 2 Lanes

FAMILY POOL

8:00 – 4:30pm | Full Pool
4:30-6:45pm | Half Pool
6:45 – 8:30pm | Full Pool

TUESDAY

LAP SWIM

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

REC SWIM

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

FAMILY POOL

8:00 – 4:00pm | Full Pool
4:00-6:45pm | Half Pool
7:00 – 8:30pm | Full Pool

WEDNESDAY

LAP SWIM

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

REC SWIM

5:00 – 8:00am | 2 Lanes
8:00 – 9:00am | 1 Lane
9:00 – 10:25am | 2 Lanes
11:20 – 4:00pm | 2 Lanes

FAMILY POOL

8:00 – 9:00am | Full Pool
9:00 – 12:00pm | Half Pool
12:00 – 4:30pm | Full Pool
4:30-6:45pm | Half Pool
6:45 – 8:30pm | Full Pool

SLIDE OPEN 7:00 – 8:30PM

THURSDAY

LAP SWIM

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

REC SWIM

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

FAMILY POOL

8:00 – 4:30pm | Full Pool
4:30-6:45pm | Half Pool
6:45 – 8:30pm | Full Pool

FRIDAY

LAP SWIM

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

REC SWIM

5:00 – 8:55am | 2 Lanes
9:45 – 10:30am | 4 Lanes
11:15-12:15pm | 4 Lanes
12:45-3:25pm | 2 Lanes

FAMILY POOL

8:00a – 8:30pm | Full Pool
SLIDE OPEN 7:30 – 8:30PM

SATURDAY

LAP SWIM

6:00 – 7:00am | 6 Lanes
7:00 – 7:30am | 3 Lanes
9:30 – 9:45am | 3 Lanes
9:45 – 4:30pm | 4 Lanes

REC SWIM

9:45 – 4:30pm | 2 Lanes

FAMILY POOL

7:00 – 8:45am | Full Pool
12:00 – 4:30pm | Full Pool

SLIDE OPEN 12:00 – 3:00PM

SUNDAY

LAP SWIM

8:00 – 2:30pm | 4 Lanes
2:30 – 3:30pm | 3 Lanes

REC SWIM

8:00 – 1:00pm | 2 Lanes

FAMILY POOL

8:00 – 3:30pm | Full Pool

SLIDE OPEN 10:00 – 1:00PM

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 8/27

