



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# NASHUA POOL SCHEDULE

Term C Dates Wednesday 1/2 – Sunday 2/24

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Swim</b> (#) denotes the number of lap lanes <b>likely</b> to be available. Red indicates <b>ADULT ONLY</b> lap swim.	5:00-9:00a (5) <b>9:00-9:45 (0)</b> 9:45-11:00a (2) 11:00-12:00p(4) 12:00-12:45 (2) 12:45-1:30 (4) 1:30-2:15 (2) 2:15-4:00p (4) <b>4:00-6:15 (1)</b> 6:15-9:00p (2) 9:00-9:30p (6)	5:00-9:00a(5) 9:00-9:30 (3) <b>9:30-9:45 (1)</b> 9:45-10:15a (2) 10:15-10:45 (4) 10:45-11:30 (3) 11:30-12:15p (4) 12:15-1:00p (3) 1:00-3:30(4) 3:30-3:50 (2) <b>3:50-5:30 (0)</b> 5:30-7:15 (2) <b>7:15-8:00 (0)</b> 8:00-9:30p (2)	5:00-6:00a (5) 6:00-7:00a (2) 7:00-9:00 (5) 9:00-9:45a (2) 9:45-10:45a (4) 10:45-11:45 (2) 11:45-4:00p (4) <b>4:00-5:30p (1)</b> <b>5:30-6:15 (0)</b> 6:15-7:15p (2) 7:15-8:00p (3) 8:00-9:30p (4)	5:00-9:00a (5) 9:00-9:45a (2) 9:45-10:45a(4) 10:45-11:30a (3) 11:30-12:15p (4) 12:15-1:00p (3) 1:00-2:30p (4) 2:30-4:00 (2) <b>4:00-4:20 (1)</b> <b>4:20-5:00 (0)</b> <b>5:00-5:30 (1)</b> 5:30-6:25p (2) <b>6:25-9:30p (1)</b>	5:00-5:30a (5) 5:30-6:30a (3) 6:30-9:00a (5) 9:00-10:00a(2) 10:00-1:30 (4) 1:30-2:30 (3) 2:30-4:00p (4) 4:00-4:45p (3) 4:45-5:45 (2) <b>5:45-6:15 (1)</b> 6:15-8:45 (2) 8:45-9:30p (4)	6:00-7:00 (5) <b>7:00-8:30a (1)</b> 8:30-1:30p (3) 1:30-6:30p(4)	8:00-10:00a (5) 10:00-5:15 (4)
<b>Individual Adult</b>	5:00a-9:00a(1)	5:00-8:45a(1)	5:00-6:00a(1)	5:00-9:00(1)	5:00-7:00a(1)	6:00-7:00a(1)	8:00-10:00a (1)
<b>Recreational Swim</b> (Lap Pool)	10:45a-4:00p	10:15-10:45a 11:30a-12:15p 1:00p-2:30	9:45a-10:45 10:45-11:45a (1) 11:45-4:00 8:00-9:30	9:45a-10:45a 11:30-12:15p 1:00-2:30p	10:45a-4:00p 8:45-9:30p	1:30p-6:30p	10:00a-2:30p
<b>Family Swim</b>	9:00a-9:00p	9:00a-5:00p 5:30p-9:00p	9:00a-9:00p	9:00a-5:00p 5:30p-9:00p	9:00a-9:00p	9:00a-6:30p	9:00-5:30p
<b>Waterslide</b>			5:30-8:30p	4:00-5:00 5:30-8:30p	4:00-8:30p	12:00-6:30p	10:00-2:45p

*Pool schedules may be modified after the first week of the term to best serve our members and class participants.*

<b>Y Programming</b>	9-9:45 (2) 12-12:45 (2) 4:00-6:10p (3)	9:30-10:15 (2) 3:50-5:30 (2) 5:30-7:10p (4)	4:00-6:10p (3)	4:00-5:30p (2) 5:30-6:25 (4) 6:25-7:10p (5)	4:00-4:45p (3) 4:45-5:40 (4) 5:45-6:15 (1)	8:45-1:30p (3)	2:30-5:15p (2)
<b>YMCA Storm Swim Team</b>	4:00-6:15 (2) 6:15-7:30 (4)	3:30-5:30 (4) 7:15-9:15 (4)	4:00-5:30p (2) 5:30-6:15p (3) 6:15-7:15 (4)	4:00-5:30 (4) 7:15-9:15 (5)	5:30-6:30a (2) 5:45-8:45 (4)	7:00-8:30 (5)	
<b>Water Exercise</b>	Silver Splash 9:00-9:45 (4) Aqua Bootcamp 10:15-11:00a (4)	Water Works 9:00-9:45a (4) Arthritis Foundations 10:45a-11:30a (3) Aqua Zumba 12:15-1:00(3) Aqua Fitness 7:15-8:00 (2)	Aqua Fit 9:00-9:45a (4) Aqua Zumba 7:15-8:00p (3)	Aqua Power 9:00-9:45a (4) Arthritis Foundations 10:45-11:30 (3) Aqua Zumba 12:15-1:00 (3)	Aqua Sculpt 9:00-9:45a (4) Aqua Yoga 1:30-2:30 (3)		
<b>Rehab Rental</b>		2:30-3:30p (2)	7:00-9:00a (1)	2:30-3:30p (2)	7:00-9:00a (1)		
<b>Adult Swim Instruction</b>	Opp. Networks 1:30-2:15 (2) Triathlon Swim 7:45-9:00p(4)		SETS 10:45-11:45a (3) Triathlon Swim 6:00-7:00a (4)	Plus Company 2:30-3:15 (2)			

Please note pool schedule may be adjusted slightly to best serve our members. Please understand there may be an approximate 5 minute variance in lap lane availability in order to move lanes.

Revised 12/19/2018 Please contact Aquatics Director Kevin Morton kmorton@nymca.org with additional questions.