



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

NASHUA POOL SCHEDULE

Term C Dates Monday 1/2– Sunday 2/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim* (#) denotes the number of lap lanes likely to be available. Red indicates ADULT ONLY lap swim.	5:30-9:00a(5) 9:00-9:45(0) 9:45-10:45(2) 10:45-1:00p (4) 1:00-1:45(2) 1:45-3:25 (4) 3:25-6:45(0) 6:45-7:30(3) 7:30-9:00 (3) 9:00-9:30(4)	5:30-9:00a(5) 9:00-9:45(0) 9:45-12:30(4) 12:30-1:15(2) 1:15-2:30(4) 2:30-4:00(2) 4:00-5:00(3) 5:00-5:45(2) 5:45-6:30(1) 6:30-7:30(2) 7:30-9:30(4)	5:30-6:00a (5) 6:00-7:00(2) 7:00-9:00(5) 9:00-10:00(2) 10:00-11:00(2) 11:00-3:30 (4) 3:30-4:00(3) 4:00-7:00 (0) 7:00-7:45 (0) 7:45-9:30(4)	5:30-9:00a (5) 9:00-9:45 (2) 9:45-11:15(4) 11:15-12:00(3) 12:00-2:30(4) 2:30-3:30 (2) 3:30-5:35(3) 5:35-7:00(0) 7:00-7:30(2) 7:30-9:30(4)	5:30-7:00a (5) 7:00-9:00 (4) 9:00-9:45a(2) 9:45-10:45(3) 10:45-4:00(4) 4:00-4:50(3) 5:00-5:45(1) 5:45-7:15(2) 7:15-9:30(4)	6-7:00a(5) 7:00-8:30a(1) 8:30a-3:00(3) 3:00-6:30p(4)	8:00-10:00(5) 10:00-1:00(4) 1:00-5:30(3)
Individual Adult Aquatics (Lap Pool)	5:30a-9:00a(1)	5:30-8:45a(1)	5:30-6:00a(1)	5:30-9:00a(1)	5:30-7:00a(1)	6:00-7:00a(1)	8:00-10:00a (1)
Recreational Swim (Lap Pool)	10:45-3:30 9:00-9:30p	9:45-12:15 1:15-2:30 8:30-9:30	11:00-2:45 7:45-9:30	12:00-2:15 7:30-9:30	10:45-3:00 7:15-9:30	3-6:30p	10:00-1p (2)
Family Swim (Family Pool)	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-6:30p	9:00-5:30p
Waterslide Schedule	6:00-8:00p	4:00-8:30p	6:00-8:30p	4:00-8:30p	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.

Y Programming	9:00-9:45(2) 1:00-1:45 (2) 3:25-6:45 (3)	9:00-9:45 (2) 3:00-4:00(2) 4:00-5:45(3) 5:45-6:15(2)	3:25-6:45(3)	3:40-4:10(2) 4:10-5:00(3) 5:00-5:35 (2) 5:35-7:00(3)	3:00-4:00 (2) 4:00-5:45(3)	8:45-3:00(3)	1:00-5:15 (3)
STORM Swim Team	3:30-7:30(3)	5:00-5:45p (1) 5:45-6:30(3) 6:30-7:30(4)	3:30-7:30 (3)	5:00-5:45p (1) 5:45-6:30(3) 6:30-7:30(3)	5:00-5:45(2) 5:45-7:15(4)	7:00-8:30a (5)	
Water Exercise	SilverSplash® 9:00-9:45a (4) Aqua Bootcamp 10:00-10:45(4)	Aqua Fit 9:00-9:45a (4) Aqua Zumba 12:30-1:15p (3)	Aqua Fit 9:00-9:45a (4) Aqua Zumba 7:00-7:45p (3)	Aqua 9:00-9:45a (4) Aqua Zumba 11:15-12:00 (3)	Aqua Fit 9:00-9:45a (4) Water Exercise 10:00-10:45(3)		
Rehab Rental Grps		2:30-3:30p (2)	7:00-9:00a (1) 2:45-3:25 (2)	2:30-3:30p (2)	7:00-9:00a (1)		
Adult Swim Instruction	Triathlon Swim 7:45-9:00p(3)		SETS 10:00-11:00a (4) Triathlon Swim 6:00-7:00a (4)				

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.