



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# MERRIMACK POOL SCHEDULE

## TERM C—TUESDAY JANUARY 2ND-SUNDAY FEBRUARY 24TH

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Lap Swim</b> (#) denotes the number of lap lanes likely to be available.	5:00-5:30a (5) 5:30-7:00a (2) 7:00-8:30a (5) 8:30-9:15a (1) 9:15-11:30a (3) 11:30-1:00p (2) 1:00-3:25p (3) 3:25-6:00p (2) <b>6:00-6:30p (0)</b> 6:30-9:30p (1)	5:00-5:30a (5) 5:30-6:30a (2) 6:30-9:00a (5) 9:00-12:00p (3) 12:00-2:45p (3) <b>2:45p-6:45p (0)</b> 6:45-7:15p (1) 7:15-9:30p (3)	5:00-5:30a (5) 5:30-7:00a (2) 7:00-8:30a (5) 8:30-9:15a (1) 9:15-12:00p (3) 12:00p-3:25p (3) <b>3:25-6:30p (0)</b> 6:30-9:30p (1)	5:00-5:30a (5) 5:30-6:30a (2) 6:30-9:00a (4) 9:00-12:00p (3) 12:00-2:45p (3) <b>2:45-6:15 (0)</b> 6:15-9:30p (3)	5:00-5:30a (5) 5:30-7:00a (2) 7:00-8:30a (4) 8:30-9:15a (1) 9:15-3:30p (3) 3:30-4:25p (1) <b>4:25-5:30p (0)</b> 5:30-9:30p (3)	6:30-9:00a (1) 9:00-1:00p (2) 1:30-3:30p (3) 3:30-6:30p (3)	8:00-9:00a (5) 9:00-12:30p (3) <b>12:30-2:00 (0)</b> 2:00-5:30p (3)
<b>Recreational Swim</b>	9:15-11:30a (2) 1:00-3:25p (2) 3:25-6:00p (1)	6:30-9:00a (1) 12:00-2:45 (2) 7:15-9:30p (2)	12:00-3:25 (2)	6:30-9:00a (1) 12:00-2:45p (2) 6:15-9:30p (2)	9:15-3:30p (2) 5:30-7:30p (1) 7:30-9:30p (2)	10:45-1:30p (1) 1:30-3:00p (2) 3:00-5:00p (5) 5:00-6:30p (2)	8:00a-9:00a (1) 2:00-5:30p (2)
<b>Family Swim</b> (Full Pool)	N/A	N/A	N/A	N/A	N/A	1:30-3:30p	12:30-2:00p
<b>Water Exercise</b>	<u>Aqua Fit</u> 8:30-9:15a (4) w/ Aga  <u>Cardio H2O</u> 11:30-12:15 (3) w/ Jess S  <u>Arthritis Foundation</u> 12:15-1:00p (3) w/ Jess S	N/A	<u>Aqua Fit</u> 8:30-9:15a (4) w/ Nancy	N/A	<u>Aqua Fit</u> 8:30-9:15a (4) w/ Nancy	N/A	N/A

### TERM C PROGRAMS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>STORM Swim Team</b>	6:00-6:30p (3) 6:30-8:00p (4)	5:30-6:30a (3) 4:00-5:30p (2) 5:30-6:15p (3) 6:15-6:45p (4) 6:45-7:15p (4)	4:00-6:30p (3) 6:30-7:30p (4)	4:00-6:15p (3)	3:30-5:30p (4)	6:30-9:00a (4)	N/A
<b>Masters Swim Team</b>	5:30-7:00a (3)	N/A	5:30-7:00a (3)	N/A	5:30-7:00a (3)	N/A	N/A
<b>Childcare Lessons</b>	N/A	9:00-12:00p (2)	9:15-12:00p (2)	9:00-12:00p (2)	N/A	N/A	N/A
<b>Childcare rec</b>	N/A	4:45-5:25p (1/2 Lesson Space)	N/A	4:45-5:15p	N/A	N/A	N/A
<b>Merrimack HS</b>	8:00-9:30p (4)	2:45p-4:00p (4)	7:45-8:45p (4)	2:45-4:00p (4)	N/A	N/A	N/A
<b>Y Programming (Lessons)</b>	3:30-4:00p (1) 4:00-6:30p (2)	3:25-4:00 (1) 4:00-6:15p (2) 6:15-6:45p (1)	3:25-4:00p (1) 4:00-6:30p (2)	2:50-4:00 (1) 4:00-6:45p (2)	4:25-7:30p (1)	9:00-1:30p (3)	9:00-12:30p (2)

Please contact Senior Program Director, Katie Parker, at [kparker@nmymca.org](mailto:kparker@nmymca.org) for any questions or concerns.