



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

NASHUA POOL SCHEDULE

Term E Dates Monday 4/29—Sunday 6/23

	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.	5:00-9:00a (5) 9:00-9:45 (0) 9:45-10:15 (4) 10:15-11:00a (2) 11:00-12:00p (4) 12:00-12:45 (2) 12:45-4:00p (4) 4:00-6:45 (1) 6:45-7:30 (2) 7:30-9:00 (0) 9:00-9:30p (6)	5:00-9:00a(5) 9:00-9:30 (2) 9:30-9:45 (0) 9:45-10:45 (4) 10:45-11:30 (3) 11:30-12:15p (4) 12:15-1:00p (3) 1:00-3:30(4) 3:30-4:25 (1) 4:25-6:00 (0) 5:00-6:00 (1) 6:00-7:15 (2) 7:15-8:00 (0) 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) 4:00-5:30p (1) 5:30-6:15 (0) 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) 4:00-5:30 (1) 5:30-7:15 (3) 5:30-9:30p (1)	5:00-5:15a (5) 5:15-6:15a (3) 6:15-9:00a (5) 9:00-9:45a(2) 9:45-1:30 (4) 1:30-2:30 (1) 2:30-4:00p (4) 4:00-5:45 (2) 5:45-6:15 (1) 6:15-8:45 (2) 8:45-9:30p (4)	6:00-7:00 (5) 7:00-8:30a (1) 8:30-1:30p (2) 1:30-6:30p(4)	8:00-10:00a (5) 10:00-2:30 (4) 2:30-5:15 (2)
Individual Adult	5:00a-9:00a(1)	5:00-9:00a(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)
Recreational Swim (Lap Pool)	9:45-10:15a 11:00a-4:00p	10:15-10:45a 11:30a-12:15p 1:00p-3:30	9:45a-10:45 10:45-11:45a 11:45-4:00 8:00-9:30	9:45a-10:45a 11:30-12:15p 1:00-2:30p	9:45a-4:00p 8:45-9:30p	1:30p-6:30p	10:00a-2:30p
Family Swim	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-9:00p	9:00a-6:30p	9:00a-5:30p
Waterslide			5:30-8:30p	4:00-5:00 5:30-8:30p	4:00-8:30p	12:00-6:30p	1:00-5:30

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

Y Programming	9-9:45 (2) 12-12:45 (2) 4:00-6:15p (3)	9:30-10:15 (2) 5:30-7:15p (4)	4:00-6:10p (3)	4:00-5:30p (2) 5:30-7:10 (3)	4:00-5:45 (4)	8:45-1:30p (4)	2:30-5:15p (4)
YMCA Storm Swim Team	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)	5:15-6:15a (2) 5:45-8:45 (4)	7:00-8:30 (5)	
Water Exercise	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)		
Rental Groups	11:30am-3:30am (rec)	2:30-3:30p (2)	7:00-9:00a (1) 11:30a-3:30p	2:30-3:30p (2)	7:00-9:00a (1) 1:30-2:30 (3)		
Adult Swim Instruction	Triathlon Swim 7:45-9:00p (6)		SETS 10:45-11:45a (2) 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 3/12/2019. Please contact Aquatics Director Kevin Morton kmorton@nymymca.org with additional questions.