



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

NASHUA POOL SCHEDULE

Term D Monday March 2nd—Sunday April 26th

	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.	5:00a-9:00a (5) 9:00a-9:30a (2) 9:30a-9:45a (0) 9:45a-11:00a (2) 11:00a-12:00p (4) 12:00p-1:00p (2) 1:00p-4:00p (4) 4:00p-7:45p (3) 7:45p-9:00p (2) 9:00p-9:30p (6)	5:00a-9:00a (5) 9:00a-9:30a (2) 9:30a-9:45a (0) 9:45a-10:15a (2) 10:15a-12:30p (3) 12:30p-3:30p (4) 3:30p-4:00p (2) 4:00p-5:30p (0) 5:30p-7:15p (2) 7:15p-8:00p (0) 8:00p-9:15p (2) 9:15p-9:30p (6)	5:00a-6:00a (5) 6:00a-7:00a (2) 7:00a-9:00a (5) 9:00a-9:45a (2) 9:45a-10:45a (4) 10:45a-11:45a (2) 11:45a-4:00p (4) 4:00p-6:15p (0) 6:15p-7:15p (2) 7:15p-8:00p (3) 8:00p-9:30p (4)	5:00a-9:00a (5) 9:00a-9:45a (2) 9:45a-10:45a (4) 10:45a-12:30p (3) 12:30p-2:30p (4) 2:30p-3:30p (2) 3:30p-4:00p (4) 4:00p-5:30p (0) 5:30p-7:15p (2) 7:15p-8:00p (3) 7:15p-9:15p (0) 9:15p-9:30p (6)	5:00a-9:00a (5) 9:00a-9:45a (2) 9:45a-1:30p (4) 1:30p-2:30p (3) 2:30p-4:00p (4) 4:00p-6:45p (2) 6:45p-8:45p (1) 8:45p-9:30p (6)	6:00a-7:00a (5) 7:00a-8:30a (1) 8:30a-1:30p (3) 1:30p-6:30p (4)	8:00a-9:00a (5) 9:00a-12:30p (3) 12:30p-5:15p (4)
Individual Adult	5:00a-9:00a (1)	5:00a-9:00a (1)	5:00a-6:00a (1)	5:00a-9:00a (1)	5:00a-7:00a (1)	6:00a-7:00a (1)	8:00a-9:00a (1)
Recreational Swim (Lap Pool) Red indicates DEEP END ONLY .	9:45a-10:15a 11:00a-3:30p	9:45a-10:45a 12:30p-3:30p	9:45a-11:30a 10:30a-4:00p 8:00p-9:30p	9:45a-10:45a 12:30p-2:30p	9:45a-11:00a 11:00a-1:30p 2:30p-4:00p	1:30p-6:30p	9:00a-12:30p (1) 12:30p-1:55p
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	9:00a-5:30p
Waterslide			5:30-8:30p	4:00-5:00 5:30-7:15p	4:00-8:30p	12:00-6:30p	1:00p-5:30p

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

Y Programming	9:30a-10:15a (2) 12:05p-12:50p (2) 4:00p-6:15p (3)	9:30a-10:15a (2) 4:00p-5:30p (2) 5:30p-7:15p (4)	4:00p-6:15p (3)	4:00p-5:30p (2) 5:30p-7:15 (4)	4:00p-5:35p (3)	8:45a-1:30p (3)	9:00a-12:30p (2) 1:55p-5:15 (2)
YMCA Storm Swim Team	6:15p-7:45p (3)	3:30p-5:30p (4) 7:15p-9:15p (4)	4:00p-6:15p (3) 6:15p-7:15p (4)	4:00p-5:30p (4) 7:15p-9:15p (6)	5:45p-6:45p (4) 6:45p-8:45p (5)	7:00a-8:30a (5)	
Water Exercise Red indicates DEEP END ONLY .	Silver Splash 9:00a-9:45a (4) Aqua Bootcamp 10:15a-11:00a (4)	Water Works 9:00a-9:45a (4) Arthritis Foundations 10:45a-11:30a (3) Aqua Zumba 11:45-12:30p (3) Aqua Fitness 7:15p-8:00p (2)	Aqua Fit 9:00a-9:45a (4) Aqua Zumba 7:15p-8:00p (3)	Aqua Power 9:00a-9:45a (4) Arthritis Foundations 10:45a-11:30a (3) Aqua Zumba 11:45-12:30p (3)	Aqua Sculpt 9:00a-9:45a (4) 10:00a-10:45a (3) Deep Water Cardio		
Rental Groups	11:30a-3:30p	2:30p-3:30p (2)	7:00a-9:00a (1) 10:30a-3:30p 2:45p-3:30p (2)	2:30p-3:30p (2)	7:00a-9:00a (1) 11:00a-1:30p (2) 1:30p-2:30p (3)		
Adult Swim Instruction	Triathlon Swim 7:45p-9:00p (4)		Triathlon Swim 6:00a-7:00a (4) SETS 10:45a-11:45a (2)	Plus Company 2:30p-3:15p (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 2/21/2020. Please contact Aquatics Director Brooke Keating at bkeating@nymca.org with additional questions.