



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

Nashua Pool Schedule

Monday September 14th—Sunday October 4th

NOTE: Both the Family Pool & Lap Pool will be closing at 1:00p on Saturday 9/17 for a swim meet.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim (#) denotes the number of lap lanes likely to be available.	5:00a-6:00a (6) 6:10a-7:10a (6) 7:20a-8:20a (6) 8:25a-9:10a (6) 9:15a-10:00a (3) 10:10a-10:55a (3) 11:05a-11:50a (2) 12:00p-12:45p (3) 12:55p-1:55p (3) 2:00p-2:45p (4) 2:50p-3:35p (4) 3:45p-4:30p (2) 4:35-6:10p (0) 6:20p-7:05p (2) 7:15p-8:15p (5) 8:20p-9:20p (6)	5:00a-6:00a (6) 6:10a-7:10a (6) 7:20a-8:20a (6) 8:25a-9:10a (6) 9:15a-10:00a (6) 10:10a-10:55a (2) 11:05a-11:55a (4) 12:00p-1:00p (4) 1:05p-1:50p (4) 1:55p-2:55p (3) 3:00p-3:45p (3) 3:50p-5:25p (0) 5:30p-6:15p (5) 6:20p-7:20p (6) 7:25p-8:25p (1) 8:25p-9:25p (1)	5:00a-6:00a (6) 6:10a-7:10a (6) 7:20a-8:20a (6) 8:25a-9:10a (6) 9:15a-10:00a (6) 10:10a-10:55a (3) 11:05a-11:50a (2) 11:55a-12:40p (3) 12:45p-1:45p (3) 1:50p-2:50p (4) 2:55p-3:40p (1) 3:50p-4:50p (3) 5:00p-5:45p (2) 5:50p-6:35p (2) 6:40p-7:25p (1) 7:25-9:25p (0)	5:00a-6:00a (6) 6:10a-7:10a (6) 7:20a-8:20a (6) 8:25a-9:10a (6) 9:15a-10:00a (6) 10:10a-10:55a (4) 11:00a-12:00p (4) 12:05p-1:05p (4) 1:10p-1:55p (3) 2:00p-2:45p (3) 2:50p-3:50p (3) 4:00p-4:45p (1) 4:50p-5:35p (1) 5:40p-6:25p (3) 6:30p-7:15p (3) 7:20p-8:20p (1) 8:25p-9:25p (1)	5:00a-6:00a (6) 6:10a-7:10a (6) 7:20a-8:20a (6) 8:25a-9:10a (6) 9:15a-10:00a (3) 10:10a-10:55a (2) 11:00a-11:55a (3) 12:00p-12:45p (3) 12:50p-1:35p (3) 1:40p-2:25p (4) 2:30p-3:15p (4) 3:20p-4:20p (2) 4:30p-5:30p (2) 5:35p-6:20p (3) 6:25p-7:10p (1) 7:15p-8:15p (1) 8:30p-9:30p (6)	6:00a-6:45a (6) 6:55a-7:55a (2) 8:05a-9:05a (2) 9:15a-10:15a (2) 10:25a-11:10a (5) 11:20a-12:05p (5) 12:15p-1:15p (3) 1:25p-2:10p (3) 2:20p-3:20p (3) 3:30p-4:15p (3) 4:25p-5:10p (3) 5:20p-6:20p (3)	8:20a-9:05a (3) 9:15a-10:15a (2) 10:25a-11:10a (3) 11:20a-12:05p (4) 12:15p-1:15p (3) 1:25p-2:25p (3) 2:35p-3:20p (3) 3:25p-4:25p (3) 4:30p-5:30p (3)
Adult Exercise Block (Lap Pool) Must stay 6 feet apart	2:00p-3:35p (2)	11:05a-1:50p (2)	1:50p-3:30p (2)	10:10a-1:05p (2)	1:40p-3:15p (2)		
Family Pool Reservations	8:25a-9:10a (2) 9:15a-10:00a (2) 10:10a-10:55a (2) 2:00p-2:45p (2) 2:50p-3:35p (2) 6:20p-7:05p (2) 7:15p-8:15p (2) 8:20p-9:20p (2)	8:25a-9:10a (2) 11:05a-11:55a (2) 12:00p-1:00p (2) 1:05p-1:50p (2) 3:50p-4:35p (2) 4:40-5:25p (2) 5:30p-6:15p (2) 6:20p-7:20p (2) 7:25p-8:25p (2) 8:25p-9:25p (2)	8:25a-9:10a (2) 9:15a-10:00a (2) 10:10a-10:55a (2) 11:05a-11:50a (2) 1:50p-2:50p (2) 2:55p-3:40p (2) 5:35p-6:20p (2) 6:25p-7:10p (2) 7:20p-8:20p (2) 8:25p-9:25p (2)	8:25a-9:10a (2) 12:05p-1:05p (2) 4:00p-4:45p (2) 4:50p-5:35p (2) 5:40p-6:25p (2) 6:30p-7:15p (2) 7:20p-8:20p (2) 8:25p-9:25p (2)	8:25a-9:10a (2) 9:15a-10:00a (2) 10:10a-10:55a (2) 11:05a-11:55a (2) 1:40p-2:35p (2) 2:40p-3:25p (2) 3:30p-4:30p (2) 5:40p-6:15p (2) 6:20p-7:20p (2) 7:25p-8:25p (2) 8:30p-9:30p (2)	10:25a-11:10a (2) 11:20a-12:05p (2) 12:15p-1:15p (5) 1:25p-2:10p (5) 2:20p-3:20p (5) 3:30p-4:15p (5) 4:25p-5:10p (5) 5:20p-6:20p (5)	10:25a-11:10a (2) 11:20a-12:05p (2) 12:15p-1:15p (5) 1:25p-2:25p (5) 2:35p-4:20p (5) 4:30p-5:30p (5)

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

Water Exercise	Aqua Fit w/Amy 9:15-10:00a (3) Silver Slash w/Margaret 10:10-10:55a (3) Aqua Zumba w/ Leslie 11:05-11:50a (4)	Aqua Arthritis w/Jess 10:10-10:55a (4)	Aqua Bootcamp 10:10a-10:55a (3) Aqua Zumba w/Leslie 11:05-11:50a (4) Aqua Zumba w/Tee 6:25-7:10p (3)	Aqua Fit w/ Ginger 6:25p-7:10p (3)	Aqua Fit 9:15-10:00a (3) Aqua Arthritis w/Jess 10:10-10:55a (4) Aqua Surge w/ Jess 11:05a-11:50a (3)		
Swim Team	3:45-5:45p (4) 5:50-7:05p (4)	3:50p-5:25p (5) 7:25p-9:30p (4)	5:00p-6:15p (4) 7:20-9:25p (6)	4:00p-5:35p (4) 7:20p-9:25p (5)	6:25p-8:15p (5)	6:45a-9:40a (4)	6:15-8:15a (5) 8:20-9:05a (3)
Free Swim	12:00p-1:55p (2)	1:55p-3:45p (2)	11:55a-1:45p (2)	1:10p-3:50p (2)	12:00p-1:35p (2)		
Swim Lessons	3:45p-6:10p (Family) 4:35p-6:10p (2) 7:20p-7:50p (1)	9:55a-11:00a (FP) 3:50p-6:05p (1)	3:45p-5:25p (Family) 3:00p-4:00p (1) 4:00p-4:50p (3)	4:00p-6:15p (1)	4:40p-5:10p (Family) 3:00p-3:30p (1) 3:30p-4:00p (3) 4:00p-5:55p (4)	9:00a-10:10a (FP) 10:10a-11:50a (2)	9:10a-9:40a (2) 9:45a-10:15a (2 & FP) 10:20a-11:55a (2)