



Nashua Pool Schedule

Monday November 1st– Sunday December 19th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>Lap Swim</p> <p>(#) denotes the number of lap lanes likely to be available.</p> <p>Red indicated shared lap lanes</p> <p>Blue indicates no reservations required</p>	<p>5:00-7:00a (6)</p> <p>7:00-7:20 lifeguard break</p> <p>7:20-8:50a (6)</p> <p>9:00-9:45a (3)</p> <p>9:45-11:00a (4)</p> <p>11:00-11:45a (2)</p> <p>12:00p-3:15 (4)</p> <p>3:15p-4:30p (1)</p> <p>4:30-6:30 (0)</p> <p>6:30-7:00p (3)</p> <p>7:00-7:45p (3)</p> <p>7:45-8:30 (6)</p>	<p>5:00-6:00a (6)</p> <p>6:00-7:00a (6)</p> <p>7:00-7:20 lifeguard break</p> <p>7:20-9:00 (5)</p> <p>9:00-10:00 (3)</p> <p>10:00-10:45 (1)</p> <p>11:00a-2:30p (3)</p> <p>2:30-3:30p (4)</p> <p>3:30-4:15 (3)</p> <p>4:15-4:55p (2)</p> <p>5:45p-7:15 (2)</p> <p>7:20-8:30 (1)</p>	<p>5:00-7:00a (6)</p> <p>7:00-7:20 lifeguard break</p> <p>7:20-9:50a (6)</p> <p>10:00-11:00 (0)</p> <p>11:15a-12:00p (2)</p> <p>12:15p-4:00p (4)</p> <p>4:00-5:30 (0)</p> <p>5:30p-6:15 (1)</p> <p>6:30p-8:30p (0)</p>	<p>5:00-6:00a (6)</p> <p>6:00-7:00a (6)</p> <p>7:00-7:20 lifeguard break</p> <p>7:20-10:00 (5)</p> <p>10:00-11:00a (1)</p> <p>11:00a-2:30p(3)</p> <p>2:30-3:30p (4)</p> <p>3:30-6:30p (5)</p> <p>6:30-7:15 p(1)</p> <p>7:15p-8:00p (0)</p> <p>8:00-8:30p (1)</p>	<p>5:00-7:00a (6)</p> <p>7:00-7:20 lifeguard break</p> <p>7:20-8:50a (6)</p> <p>9:00-10:45a (3)</p> <p>10:45-11:45 (4)</p> <p>11:45-12:30 (4)</p> <p>12:30-1:30p (2)</p> <p>1:30-4:00p (4)</p> <p>4:00p 4:30 (5)</p> <p>4:00-5:15 (4)</p> <p>5:15p-5:45p (3)</p> <p>5:45-6:30p(0)</p> <p>6:30-7:15p (1)</p> <p>7:15-8:00p (1)</p> <p>8:00-8:30 (3)</p>	<p>6:00-8:10a (6)</p> <p>8:10-8:30 lifeguard break</p> <p>8:30-9:15a (2)</p> <p>9:15-10:00 (0)</p> <p>10:00a-10:45a (4)</p> <p>10:45a-12:15p (3)</p> <p>12:15-1:00 (3)</p> <p>1:00-4:30 (4)</p>	<p>8:00-9:30 (6)</p> <p>9:30-11:45 (4)</p> <p>11:45a-1pm (3)</p> <p>1:00p-3:30p (4)</p>
<p>Recreational Swim</p> <p>2 lap lanes for free swim and water exercise</p>	<p>9:45a-11:00a</p> <p>12:00p-3:15p</p>	<p>11:00a-12:15p</p> <p>12:45-3:30p</p>	<p>12:15p-3:15p</p>	<p>11-3:30p</p>	<p>10:45a-12:30p</p> <p>1:30-4:00p</p>	<p>1:00-4:30p</p>	<p>11:45a- 3:30p</p>
<p>Family Pool</p> <p>No Reservations Required</p> <p>*Deep End Only</p>	<p>8:00a-4:00p</p> <p>4:00p-4:30p*</p> <p>4:30p-8:30p</p>	<p>8:00-10:00a</p> <p>10:45a-12p*</p> <p>12:00-5:00p</p> <p>5:00-5:30p*</p> <p>5:30-8:30p</p>	<p>8:00a-4:00p</p> <p>4:00p-5:30p*</p> <p>6:00p-8:30p</p>	<p>8:00-10:00a</p> <p>10:45a-12:00p</p> <p>12:00p-5:30p</p> <p>6:00p-6:30p*</p> <p>6:30-8:30p</p>	<p>8:00a-4:30p</p> <p>4:30p-5:30p*</p> <p>5:30-8:30p</p>	<p>8:30a-9:15a</p> <p>10:30a-11:00a*</p> <p>11:00a-4:30p</p>	<p>8:00a-3:30p</p>

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

<p>Water Exercise</p>	<p>Aqua Fit w/Amy 9:00-9:45a (3)</p> <p>Aqua Zumba w/ Leslie 11:00-11:45a (4)</p>	<p>EZ Aqua w/Val 10:15-11:00a (4)</p> <p>H2O Blast w/ Iraidia 12:15-12:45p (2)</p>	<p>Aqua Intervals w/Amber 10:15a-11:00a (3)</p> <p>Aqua Zumba w/Leslie 11:15-12:00a (4)</p> <p>Aqua Zumba w/Tee 6:30-7:15p (3)</p>	<p>EZ Aqua w/Brooke 10:15-11:00a (4)</p> <p>Aqua Fit w/ Ginger 6:30p-7:15p (3)</p>	<p>Aqua Fit w/Amy 9:00-9:45a (3)</p> <p>Aqua Boot Camp w/ Shannon 10:00-10:45a (3)</p> <p>Aqua Zumba w/Leslie 12:30-1:15a (4)</p>		
<p>Lane Rental</p>		<p>7:30a-2:30p (1)</p>		<p>7:30a-2:30p (1)</p>			
<p>Swim Team</p>	<p>3:15-6:15p (3)</p> <p>6:15-6:30p (6)</p> <p>6:30-7:45p (3)</p>	<p>3:30-5:30p (3)</p> <p>7:15-8:30p (5)</p> <p>8:30-9:15p (6)</p>	<p>4:00-6:15p (3)</p> <p>6:15-9:00p (3)</p> <p>7:15-8:30 (3)- MMTeam</p>	<p>7:15-9:15p (5)</p>	<p>5:45-6:30p (3)</p> <p>6:30-8:00 (5)</p> <p>8:00-8:30 (3)</p>	<p>8:30a-10:00a (4)</p>	
<p>Swim Lessons</p> <p>*Half Pool Only</p>	<p>Lap Pool</p> <p>3:15p-4:30p (2)</p> <p>4:30p-6:15p (3)</p> <p>Family Pool</p> <p>4:00-4:30*</p>	<p>Lap Pool</p> <p>9:00-10:00 (2)</p> <p>3:30p-4:15p (1)</p> <p>4:15-5:30 (2)</p> <p>5:30-7:15 (3)</p> <p>Family Pool</p> <p>10:00a-12:00p</p> <p>5:00-5:30p*</p>	<p>Lap Pool</p> <p>10:00-11:00 (3)</p> <p>3:15p-4:30p (2)</p> <p>4:30p-5:30p (3)</p> <p>5:30-6:15p (2)</p> <p>Family Pool</p> <p>4:00-5:30*</p> <p>5:30-6p</p>	<p>Lap Pool</p> <p>9:00-10:00 (2)</p> <p>3:30-6:15 (1)</p> <p>6:15-7:15 (2)</p> <p>Family Pool</p> <p>10:00a-12:00p</p> <p>5:30p-6:00p</p> <p>6:00p-6:30p*</p>	<p>Lap Pool</p> <p>4:00p-4:30p (1)</p> <p>4:30p-6:15p (2)</p>	<p>Lap Pool</p> <p>9:15a-10:45a (2)</p> <p>10:45a-1:00p (3)</p> <p>Family Pool</p> <p>9:15a-10:20a</p> <p>10:20a-11:00a*</p>	<p>Lap Pool</p> <p>9:30a-11:45a (2)</p> <p>11:45-1pm (1)</p>

Announcements

--Holiday Hours for Thanksgiving

For the most up-to-date hours for the lap pool and to reserve a lane please visit Supersaas

