FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE

YMCA OF DOWNTOWN MANCHESTER NH
11-9-26 to 11-15-26

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---|---|---|---|---|---|---|---|
| LAP SWIM | 4:45am–8:25am (4)<br>12:25pm–3:00pm (4)<br>3:00pm–8:30pm (2) | 4:45am–9:30am (4)<br>9:30am–10:30am (2)<br>11:35am–3:00pm (4)<br>3:00pm-6:45pm (2)<br>6:45pm–7:45pm (1)<br>7:50pm–8:30pm (2) | | 4:45am–9:30am (4)<br>9:30am–10:30am (2)<br>11:35am–3:00pm (4)<br>3:00pm-6:45pm (2)<br>6:45pm–7:45pm (1)<br>7:50pm–8:30pm (2) | 4:45am–8:25am (4)<br>12:25pm–3:00pm (4)<br>3:00pm–8:30pm (2) | 7:00am–9:00am (4)<br>9:30am–3:30pm (2) | 8:00am-9:30am (4)<br>9:30am–12:30pm (2) |
| OPEN SWIM | 9:20am–10:25am (4)<br>**Open Swim**<br>3:00pm-4:30pm (2)<br>**Teen Swim**<br>7:00pm–8:30pm (2)<br>**Family Swim** | 9:30am-10:30am (2)<br>**Open Swim**<br>3:00pm-4:00pm (2)<br>**Teen Swim**<br>7:50pm–8:30pm (2)<br>**Family Swim** | | 9:30am-10:30am (2)<br>**Open Swim**<br>3:00pm-4:30pm (2)<br>**Teen Swim**<br>7:50pm–8:30pm (2)<br>**Family Swim** | 9:20am–10:25am (4)<br>**Open Swim**<br>3:00pm-6:00pm (2)<br>**Teen Swim**<br>6:45pm–8:30pm (2)<br>**Family Swim** | 12:00pm-1:45pm (2)<br>**Family Swim**<br>1:45pm-3:30pm (2)<br>**Open Swim** | 9:30am–12:30pm (2)<br>**Open Swim** |
| GROUP EXERCISE | 8:30am–9:15am<br>**Aqua Fitness**<br><br>10:30am–11:15am<br>**Aqua Basics** | 6:45pm–7:45pm<br>**Aqua Fitness** | | 6:45pm–7:45pm<br>**Aqua Fitness** | 8:30am–9:15am<br>**Aqua Fitness**<br><br>10:30am–11:15am<br>**Aqua Basics** | | |
| **LESSONS** | 4:30pm-6:45pm<br>**Swim Lessons** | 10:30am–11:30am<br>**E.L.C Swim Lessons**<br><br>5:00pm-6:45pm<br>**Swim Lessons** | | 10:30am–11:30am<br>**E.L.C Swim Lesson**<br><br>4:30pm-6:45pm<br>**Swim Lessons** | 6:00pm-6:45pm<br>**Swim Lessons** | 9:00am-12:00pm<br>**Swim Lessons** | |
| **OTHER** | 11:20am–12:20pm<br>**Adult Competitive** | 4:00pm-4:45pm<br>**S.A.C.C Swim** | | | 11:20am–12:20pm<br>**Adult Competitive** | | |

Schedule Begins **11-9-26** and is subject to change. Copies of this schedule can be found on our website, at our welcome center and at our pool.
**Additional information and changes to the regular schedule on back**

**YMCA OF DOWNTOWN MANCHESTER NH** | **Ronny Rose, Aquatics Director** 30 Mechanic Street | Manchester, NH 03101 | rrose@graniteymca.org | 603.232.8622

**Class descriptions:**

**Water Aerobics**
A mix of cardio and light weight training practices led by an experienced instructor. All equipment required for the class is provided by the YMCA.

**Aqua Fit**
This class is designed to guide you through a series of water exercises with the aid of the water's buoyancy and resistive properties help you improve your flexibility, range of motion, joint mobility, and muscular strength. No swimming skills required.

**Lap Swim**
13 yrs – Adult must lap swim
**(  ) denotes # of lanes available if pool is shared space**

**Types of Open Swim:**

**Open Swim**
Open to all members.

**Family swim**
Open swim for groups coming in as a family. No unaccompanied teens will be permitted to a family swim time.

**Teen swim**
Swimming times are dedicated to members aged 12 to 17.

**Swim Testing**
Mandatory for all open swim participants under the age of 18.  Designates safe areas of pool usage for all skill levels

**Changes to schedule**

**Days we are closed**
Wednesday, November 11th