



POOL SCHEDULE

YMCA OF DOWNTOWN MANCHESTER NH

9-14-26 to 11-8-26

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

Schedule Begins **9-14-26** 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

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

- On Friday, October 9th, the 12:25pm to 3:00pm lap swim will end at 1pm and the 3:00pm to 8:30pm lap swim will start at 2pm
- On Monday, October 12th, the 12:25pm to 3:00pm lap swim will end at 1pm and the 3:00pm to 8:30pm lap swim will start at 2pm
- On Tuesday, November 3rd, the 11:30am to 3:00pm lap swim will end at 1pm and the 3:00pm to 6:45pm lap swim will start at 2:00pm

Days we are closed