



POOL SCHEDULE

YMCA of the Seacoast Pool Schedule

October 6-13, 2025

	<u>Mondays</u>		<u>Tuesdays</u>		<u>Wednesdays</u>		<u>Thursdays</u>		<u>Fridays</u>		<u>Saturdays</u>		<u>Sundays</u>	
	<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>	
Lap Swim	5:30 AM to 8:00 AM	5	5:30 AM to 8:55 AM	5	5:30 AM to 8:00 AM	5	5:30 AM to 8:55 AM	5	5:30 AM to 8:55 AM	5	8:00 AM to 8:55 AM	5	8:00 AM to 10:00 AM	5
	8:00 AM to 8:55 AM	4	8:55 AM to 10:55 AM	2	8:00 AM to 8:55 AM	3	8:55 AM to 10:55 AM	2	8:55 AM to 10:55 AM	2	8:55 AM to 3:45 PM	4	10:00 AM to 3:45 PM	4
	8:55 AM to 10:55 AM	2	10:55 PM to 11:25 AM	3	8:55 AM to 10:55 AM	2	10:55 PM to 3:30 AM	4	10:55 AM to 7:45 PM	4				
	10:55 AM to 3:55 PM	4	11:25 AM to 3:55 PM	4	10:55 AM to 3:55 PM	4	3:30 PM to 6:00 PM	2						
	3:55 PM to 7:00 PM	2	3:55 PM to 6:00 PM	2	3:55 PM to 7:00 PM	2	6:00 PM to 6:30 PM	3						
	7:00 PM to 7:45 PM	4	6:00 PM to 7:45 PM	4	7:00 PM to 7:45 PM	4	6:30 PM to 7:45 PM	4						
Adult Open	<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>	
	5:30 AM to 8:00 AM	1	5:30 AM to 8:55 AM	1	5:30 AM to 8:00 AM	1	5:30 AM to 8:55 AM	1	5:30 AM to 8:55 AM	1	8:00 AM to 8:55 AM	1		
Open Swim	<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>		<u>Lanes</u>	
	10:55 AM to 5:55 PM	2	12:30 PM to 6:00 PM	2	10:55 AM to 5:55 PM	2	10:55 AM to 6:00 PM	2	10:55 AM to 7:45 PM	2	11:30 AM to 3:45 PM	2	10:00 AM to 3:45 PM	2
Water Exercise	6:50 PM to 7:45 PM	2			6:50 PM to 7:45 PM	2								
	8:00 AM to 9:00 AM	2	9:00 AM to 9:45 AM	4	8:00 AM to 9:00 AM	2	9:00 AM to 9:45 AM	4	9:00 AM to 9:45 AM	4				
	Laughing Lobsters		Deep Water- Judy		Laughing Lobsters		Water Exercise-Michelle		Deep Water- Judy					
	9:00 AM to 9:45 AM	4	10:00 AM to 10:45 AM	4	9:00 AM to 9:45 AM	4	10:00 AM to 10:45 AM	4	10:00 AM to 10:45 AM	4				
	Water Exercise- Meg		Water Exercise- Meg		Water Exercise- Joyce		HIIT-Michelle		Water Exercise-Meg					
	10:00 AM to 10:45 AM	4			10:00 AM to 10:45 AM	4								
	HIIT- Meg				Water Exercise- Joyce									
	6:00 PM to 6:45 PM	3			6:00 PM to 6:45 PM	3								
	Water Exercise- Diane				Water Exercise- Tania/Joyce									

Upcoming Information
Join us for the Harvest Hoedown at
YMCA Camp Gundalow Saturday
10/11 from 1:00-3:00pm
See the welcome center for more
information!

POOL CLOSURES / SCHEDULE MODIFICATIONS

Upcoming Scuba: Tuesday October 7 and Thursday October 9th and 23rd. Open Swim will end at 6:00pm these days.

Lap Lanes: 8 years to Adult. Must swim laps. Please circle swim counter-clockwise when 3 or more swimmers. **Open Swim:** Open to all facility members
Portable Chair Lift: Always available for pool access needs.

YMCA of the Seacoast| Kai Parlett- Aquatics Coordinator kparlett@graniteymca.org

550 Peverly Hill Rd. | Portsmouth, NH 03801|

Updated: 10/1/2025

Water Exercise Classes

Deep Water Fitness

Deep water workout provides freedom to move with no impact. This will help improve core stability, balance, and flexibility. You will enjoy the feeling of weightless exercise.

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.

Lap Swim Etiquette

For members who intend to swim full lengths of the pool. For members who intend to swim full lengths of the pool. Please pay attention to the signs posted on the wall at the end of the lanes. During peak times, sharing a lane is a requirement. It is Y policy to practice circle swimming, which consists of 3 or more people swimming counter clockwise in a lane. When it is not busy, swimmers may 'split' a lane, but must adjust if more swimmers arrive.

Adult Open Swim

Intended for adult members only. Consists of swimming a full length or less, at a leisurely pace. Swimmers sometimes using aqua joggers, water weights, or other equipment.

Open Swim

The lap pool is available for all-age open swim or self-led water exercise routines. Please note, we do utilize "Test. Mark. Protect." in accordance with Granite YMCA policy. Nonswimmers are required to wear a coast guard approved floatation device and must be accompanied by a parent or guardian. Inflatable floatation devices are not permitted.

Laughing Lobsters

A fun and social open activity of volley ball in the shallow end. A variety of beach balls are used. Laughing and having fun while getting in a workout.