



POOL SCHEDULE

YMCA of Concord

April 5th – April 11th, 2026

SUBJECT TO CHANGE

CHANGES POSTED WHEN POSSIBLE
ONLINE + AT WELCOME CENTER

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|------------------------------------|--|---|---|---|--|--|
| Lap Swim | 10:30-11:50AM (3) 12-3:45PM (2) | 5-8:20AM (4) 9:30-10:50AM (3) 12:0PM-2:50PM (3) 7:40PM-8:45PM (4) | 5-7:00AM (4) 9:25-12p (4) 12-2:50PM (3) 2:50-4:50PM (1) 7:20-8:45PM (2) | 5-7:00AM (4) 9:25-10:50a (3) 12-2:50PM (3) 7:40-8:45PM (4) | 5a-6:30a(4) 8-12PM (4) 12-2:50PM (3) 4-4:50PM (1) 7:20-8:45PM (2) | 8-12P (4) 12:30PM-3:20PM (3) | 7-8:20AM (1) 10:45-12:25PM (1) 12:30-3:45PM (2) |
| | 10:30-11:50AM (1) 12-3:45PM (2) | 9:25AM-2:50PM (1) 3-5PM (2) | 12-3:20PM (1) 7:20-8:45PM (2) | 9:25-10:50a (1) 12-2:50PM (1) 3-5PM (2) | 12-2:50PM (1) 7:20-8:45PM (2) | 12:30PM-3:20PM (1) 3:30-5PM (2) | 12:30-3:45PM (2) |
| Open Swim | | | | | | | |
| | | 8:30-9:15AM Aquacise Jane *Register online | | 8:30a-9:30a Aquacise *Register online | | 8:30a-9:30a Aquacise * Register online | 8:30-9:15AM Aquacise Varies *No registration needed |

LIFEGUARDS MAY CLOSE THE POOL FOR BATHROOM BREAKS

Schedule Adjustments

15 North State Street Concord, NH 03301 | 603-228-9622 | yocaquatics@graniteymca.org | Updated: 4.1.2026

POOL RULES:

Follow Pool Rules and Lifeguard's directions

- Under NH state law everyone must shower before entering the pool-
- Children who are not toilet-trained must wear swim diapers-
- Shoulder length hair, or longer, should be tied back. Or covered with a swim cap-
- If the pool becomes too crowded, the lifeguard may restrict the number of people/toys allowed in the pool-
- Swimming is prohibited for those with communicable illnesses and/or open wounds-
- The following is also prohibited.**
- Breath holding and prolonged underwater swimming-

- Pushing and rough play-
- Hanging/Holding and/or sitting on the lane lines-
- Head-first diving in depths less than 9 feet-
- Backwards, twisting, or turning jumps and/or flips of any kind-

LAP SWIM

For members who intend to swim full lengths of the pool. During peak times, sharing a lane may be required. It is Y policy to practice circle swimming, which consists of 3 or more people swimming counterclockwise in a line. When it is not as busy, swimmers may "split" a lane, but must adjust if more swimmers arrive. Please enter at the shallow end of the pool. **DO NOT dive.**

OPEN SWIM

Available to all ages + memberships for recreational swimming, self-led water exercise routines, or swimming the length of the pool at a leisurely pace. Please note, we do utilize "Test. Mark. Protect." in accordance with Granite YMCA policy. Non-Swimmers are required to wear a coast guard approved floatation device and must be accompanied in the water by a parent or guardian. Check with the lifeguard for what equipment may be used for these activities or for a swim test for children to swim without a life jacket or in the deep end. Life jackets are available.

AQUATIC EXERCISE

Water Aerobics: This low-impact class is held in the shallow and/or deep end of the pool and provides a total body workout using water workout equipment, for a fun and challenging class.

SplasHIIT: Aqua fitness class with a powerful strength and cardio workout using a high intensity interval training (HIIT) concept with the benefit of the water to maintain low impact. Classes are held in both shallow and Deep ends of the pool.

ADDITIONAL PROGRAMS

For more information on available Aquatics Programs please visit our website, graniteymca.org, stop by the Aquatics Office or reach out to our welcome center at 603-228-9622 or email yocaquatics@graniteymca.org

Masters Swim: {Registration Required} Designed to give swimmers a more competitive workout with other swimmers of the same ability and training level. Lanes will be split by ability and practices will be led by a YMCA swim coach. All participants will do the same workout, which will be provided by a member of the group or the coach. This is a great opportunity to train with like-minded swimmers and challenge one another, get a great workout, and have fun!

Swim Lessons: {Registration Required} Available for those ages 6months through adulthood, Gain Aquatic skills and expand your water safety knowledge.

Swim Team: {Registration Required} Compleive swim program for school aged children, Coach approval required for registration.