POOL SCHEDULE

YMCA of Concord
October 25-31, 2026
Fall 2026

SUBJECT TO CHANGE

Changes Posted When Possible
online + at Welcome Center
*Lifeguards may close the
pool for bathroom breaks*

	Sunday 10/25	Monday 10/26	Tuesday 10/27	Wednesday 10/28	Thursday 10/29	Friday 10/30	Saturday 10/31
LAP SWIM	**9:00-11:50am (3)** **12:00-3:45pm (2)**	**5:00-8:20am (4)** **9:25-2:55pm (3)** **3:00-4:55pm (1)** **7:45-8:45pm (3)**	**5:00-6:30am (4)** **6:30-10:10am (2)** **12:05-2:40pm (3)** **2:45-4:55pm (1)** **7:45-8:45pm (2)**	**5:00-8:20am (4)** **9:25-10:45am (3)** **12:05-2:50pm (3)** **3:00-4:55pm (1)** **7:45-8:45pm (3)**	**5:00-6:30am (4)** **6:30-10:10am (2)** **10:15-10:45am (1)** **10:50-2:55pm (3)** **4:00-5:00pm (1)** **7:45-8:45pm (1)**	**5:00-8:20am (4)** **9:25-2:50pm (3)** **3:00-4:45pm (2)** **7:45-8:45pm (2)**	**7:00-8:10am (2)** **10:45-12:30pm (1)** **12:30-3:45pm (2)**
OPEN SWIM	**9:00-11:50am (1)** **12:00-3:45pm (2)**	**9:25-4:55pm (1)** **7:45-8:45pm (1)**	**8:35-10:10am (1)** **12:05-3:45pm (1)** **7:45-8:45pm (2)**	**9:25-10:45am (1)** **12:05-3:30pm (1)** **4:15-4:55pm (1)** **7:45-8:45pm (1)**	**8:35-2:55am (1)** **7:45-8:45pm (1)**	**9:25-4:45pm (1)** **7:45-8:45pm (2)**	**12:30-3:45pm (2)**
WATER EXERCISE	**8:30-9:15AM** **Aquacise**			**8:30-9:15AM** **Aquacise**		**8:30-9:15AM** **Aquacise**	**8:20-9:10AM** **Aquacise**



Schedule Annoucements

***Fall Programming September 8-December 20**

15 North State Street
Concord, NH 03301

603-228-9622

jfederer@graniteymca.org
yocaquatics@graniteymca.org

Updated: 10.21.26

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 tired 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 illness and/or open wounds

The following is also prohibited:

Breath holding and prolonged underwater swimming
Pushing and rough play
Hanging/holding/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.

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.

Water Exercise

Aquacise: 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.

Additional Programs

For more information on available Aquatics Programs please visit our website, graniteymca.org, stop by the Aquatics Office, reach out to our welcome center at 603-228-9622, or email jfederer@graniteymca.org or 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 6 months through adulthood to gain aquatic skills and expand water safety knowledge.

Swim Team: (Registration Required) Competitive swim program for school aged children. Coach approval required for registration.