



POOL SCHEDULE
YMCA OF CONCORD
 SEPT 3-SEPT 15
 FALL I 2024

Training (2 Lanes)
 Mon, Sept 9th, 5-7PM
 Mon, Oct 21st,
 6:30-8:30PM,
 Sat, Oct 26th, 12:15-
 2:30PM

Family Fun Friday
Full Pool Open Swim
Oct 18th, 6-7PM

SUBJECT TO CHANGE
 CHANGES POSTED WHEN POSSIBLE
 ONLINE + AT WELCOME CENTER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Open @9AM	5-8:20AM Laps	5-7:30AM Laps	5-8:20AM Laps	5-7:30AM Laps	5-8:20AM Laps	Open @7AM
		7:30-8:30AM Masters (2) Laps (2)		7:30-8:30AM Masters (2) Laps (2)		7-8:20AM Laps
9-10AM Laps	8:30-9:15AM Aquacise	8:30-10:50AM Lessons (1) Leisure (1) Laps (2)	8:30-9:15AM Aquacise	8:30-10:50AM Lessons (1) Leisure (1) Laps (2)	8:30-9:15AM Aquacise	8:30-9:15AM Aquacise
10-11:35AM Leisure (1) Laps (3)	9:25-10:50AM Leisure (1) Laps (3)		9:25-10:50AM Leisure (1) Laps (3)			9:20-10:30AM Lessons
11:45AM-12:45PM Rental Check with Guard	11AM-11:50PM CDC	11AM-11:50PM CDC	11AM-11:50PM CDC	11AM-11:50AM CDC	9:25AM-3:20PM Leisure (1) Laps (3)	10:30AM-12:15PM Lessons (3) Laps (1)
1PM-3:45PM Family (2) Laps (2)	12-3:20PM Leisure (1) Laps (3)	12-2:50PM Leisure (1) Laps (3)	12-2:50PM Leisure (1) Laps (3)	12-2:50PM Leisure (1) Laps (3)		12:15-1:35PM Family (2) Laps (2)
	3:30-4:50PM Lessons (2) Family (2)	3-4:50PM Lessons (3) Laps (1)	3-4:50PM Lessons (2) Family (2)	3-3:50PM CDC	3:30-4:50PM Lessons (2) Family (2)	1:45-2:45PM Rental Check with Guard
	5-7:30PM Laps Training (2) 9/9 5-7PM			5-5:50PM Lessons		4-5PM Lessons (3) Laps (1)
	7:40-8:45PM Laps	7:20-8:10PM Aquacise	7:40-8:45PM Laps	5-5:50PM Lessons	5-7:30PM Family (2) Laps (2)	
		8:15-8:45PM Laps		6-7:15PM Family (2) Lap (2)		7:20-8:10PM Aquacise

*Updated 9/8/24



POOL SCHEDULE
YMCA OF CONCORD
 SEPT 16-OCT 27
 FALL I 2024

Family Fun Friday
 Oct 18th, 6-7PM
Full Pool Rental
 Sat Oct 26th
 12:15-3:45PM

Training (2 lanes)
 Mon, Oct 21st,
 6:30-8:30PM

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1PM-3:45PM Family (2) Laps (2)	3:30-4:50PM Lessons (2) Family (2)	3-4:50PM Lessons (3) Laps (1)	3-4:50PM Lessons (2) Family (2)	3-3:50PM CDC	3:30-4:50PM Lessons (2) Family (2)	Full Pool Rental Oct 26th 12:15-2:45PM
	3:30-4:50PM Lessons (2) Family (2)	3-4:50PM Lessons (3) Laps (1)	3-4:50PM Lessons (2) Family (2)	4-5PM Lessons (3) Laps (1)		3:30-4:50PM Lessons (2) Family (2)
5-7:30PM Swim Team	5-7:30PM Swim Team	5-5:45PM Lessons (2) Swim Team (2)	5-7:30PM Swim Team	5-5:45PM Lessons (2) Swim Team (2)	5-7:30PM Swim Team FFF Oct 18	3-3:45PM Family (2) Laps (2)
		5:45-7:15PM Swim Team		5:45-7:15PM Swim Team		
7:40-8:45PM Laps	7:40-8:45PM Laps	7:20-8:10PM Aquacise	7:40-8:45PM Laps	7:20-8:10PM Aquacise	7:40-8:45PM Laps	
		8:15-8:45PM Laps		8:15-8:45PM Laps		



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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.

YOC MASTERS

A paid program 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!

LEISURE SWIM

This is not a class. 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. Adults can work on physical therapy, water aerobics, or water walking on their own. Often concurrent with lap swim in remaining lanes.

FAMILY SWIM

Only open to Family Memberships. At this time families may use noodles, toys, and lifejackets provided for recreational purposes. Kickboards, fins, dumbbells, other aquacise equipment should not be used. Please note, we do utilize *Test, Mark, Protect*. In accordance with the Y policy. Ask the lifeguard to assess your child for access to deeper pool areas. Children under 6 **MUST** be accompanied.

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 a low impact. Classes are held in both shallow and deep ends of the pool.