



POOL SCHEDULE

YMCA OF CONCORD

APR 1-APR 21

SPRING I 2024

Training
Wed, Apr 17
 6:30-8:30 (2)
 +
Sat, Apr 20
 12:30-2:30 (2)

Swim-a-thon
Sun, Apr 7
 8AM-12:30PM
Full Pool Rental
School Trip
Fri, Apr 19
 1:10-2:30PM

SUBJECT TO CHANGE

CHANGES POSTED WHEN POSSIBLE

ONLINE + AT WELCOME CENTER

***LIFEGUARDS ARE HUMANS AND MAY**

CLOSE THE POOL FOR BATHROOM BREAKS*

6SUNDAY	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 Master's (2) Laps (2)		7:30-8:30AM Master's (2) Laps (2)		7-8:20AM Laps	
9-10:15AM Special Olympics	8:30-9:15PM Aquacise	8:30-3:20PM Leisure (1) Laps (3)	8:30-9:15AM Aquacise	8:30-10:15AM Lessons (1) Leisure (1) Laps (2)	8:30-9:15PM Aquacise	8:30-9:15AM Aquacise	
	9:20-10AM Leisure (1) Laps (3)		9:20-3:20PM Leisure (1) Laps (3)			10:20AM-2:50PM Leisure (1) Laps (3)	9:20-3:20PM Leisure (1) Laps (3) Rental 1:15-2:45 Apr. 19
10:30-11:40AM Lessons (2) Leisure (1) Laps (1)	10-11AM Leisure (2) Laps (2)			10:30AM-12:15PM Lessons (2) Laps (1)			
11:45AM-12:45PM Rental Check with Guard	11AM-3:20PM Leisure (1) Laps (3)			3-3:50PM CDC	12:15-1:35PM Family (2) Laps (2)		
1PM-4:50PM Family (2) Laps (2)							
		5-7:30PM Laps	3:30-60PM Lessons (3) Laps (1)	3:30-4:50PM Lessons (2) Family (2)	4-6PM Lessons (3) Laps (1)	3:30-4:50PM Lessons (2) Family (2)	3-5:45PM Family (2) Laps (2)
7:40-8:45PM Laps							
		8:15-8:45PM Laps	7:40-8:45PM Laps	6-7:15PM Laps	6-7:45 Laps		
7:20-8:10PM Aquacise						8:15-8:45PM Laps	7:20-8:10PM Aquacise

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.

SplashHIIT: 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.

