



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULES

YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules



Winter Week 2 | January 12 - 18, 2026

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Lap Swim	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
	5:35 AM to 6:40 AM 1	5:35 AM to 9:00 AM 5	5:35 AM to 6:40 AM 1	5:35 AM to 8:00 AM 5	5:35 AM to 6:40 AM 1	7:15 AM to 8:50 AM 1	8:15 AM to 10:45 AM 4
	6:40 AM to 9:00 AM 5	9:00 AM to 10:10 AM 2	6:40 AM to 9:00 AM 5	8:00 AM to 10:10 AM 2	6:40 AM to 9:00 AM 5	8:50 AM to 10:15 AM 3	10:45 AM to 12:00 PM 2
	9:00 AM to 11:10 AM 2	10:10 AM to 4:10 PM 4	9:00 AM to 10:10 AM 2	10:10 AM to 4:10 PM 4	9:00 AM to 10:10 AM 2	10:15 AM to 5:30 PM 4	12:00 PM to 3:30 PM 4
	11:10 AM to 3:55 PM 4	4:10 PM to 8:30 PM 1	10:10 AM to 10:55 AM 4	4:10 PM to 7:25 PM 1	10:10 AM to 3:55 PM 4		
	3:55 PM to 4:25 PM 3		10:55 AM to 1:35 PM 3		3:55 PM to 8:30 PM 1		
	4:25 PM to 5:45 PM 1		1:35 PM to 4:25 PM 4				
			4:25 PM to 7:25 PM 1				
HS Swim Meet							
Both Pools Close at 5:45pm			No Dedicated Lap Swim after 7:25pm Wed	No Dedicated Lap Swim after 7:25pm Thu			
Adult Open	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
	5:35 AM to 9:15 AM 1	5:35 AM to 9:15 AM 1	5:35 AM to 9:15 AM 1	5:35 AM to 8:15 AM 1	5:35 AM to 9:15 AM 1		
Open Swim Lap Pool	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
	11:00 AM to 3:55 PM 2	10:00 AM to 3:55 PM 2	10:00 AM to 3:55 PM 2	10:00 AM to 1:00 PM 2	10:00 AM to 3:55 PM 2	7:15 AM to 12:15 PM 1	8:15 AM to 3:30 PM 2
	6:35 PM to 8:30 PM 1	6:35 PM to 8:30 PM 1	6:35 PM to 8:30 PM 1	1:45 PM to 3:55 PM 2	6:00 PM to 8:30 PM 1	12:15 PM to 5:30 PM 2	
				7:10 PM to 8:30 PM 1			
Open Swim Teaching Pool							
	5:35 AM to 8:10 AM	5:35 AM to 8:10 AM	5:35 AM to 8:10 AM	5:35 AM to 9:40 AM	5:35 AM to 8:10 AM	7:15 AM to 8:30 AM	10:50 AM to 3:30 PM
	9:05 AM to 11:55 AM	9:05 AM to 11:55 AM	9:05 AM to 10:10 AM	12:50 PM to 3:55 PM	9:05 AM to 11:55 AM	12:00 PM to 5:30 PM	
	12:50 PM to 3:55 PM	12:50 PM to 3:55 PM	11:25 AM to 11:55 AM	6:20 PM to 8:30 PM	12:50 PM to 8:30 PM		
			6:55 PM to 8:30 PM	2:05 PM to 3:55 PM			
			6:35 PM to 8:30 PM				
Water Exercise							
	8:15 AM to 9:00 AM TP Limber Limbs - Charlene	8:15 AM to 9:00 AM TP Limber Limbs - Sheila	8:15 AM to 9:00 AM TP Aqua Flow- Mindy	8:15 AM to 9:00 AM Lap Water Warriors - Rotating	8:15 AM to 9:00 AM TP Limber Limbs - Sheila		
	9:15 AM to 10:00 AM Lap Deep Water Fitness - Donna	9:15 AM to 10:00 AM Lap Water Walking - Donna	9:15 AM to 10:00 AM Lap Aqua Mix -Lori	9:15 AM to 10:00 AM Lap 15/15/15 - Lori	9:15 AM to 10:00 AM Lap Aqua Mix -Sheila		
	10:15 AM to 11:00 AM Lap Aqua Mix -Lori	12:00 PM to 12:45 PM TP Arthritis - Arlene	12:00 PM to 12:45 PM TP Arthritis - Arlene	12:00 PM to 12:45 PM TP Arthritis - Kym	12:00 PM to 12:45 PM TP Arthritis - Kym		
	12:00 PM to 12:45 PM TP Arthritis - Kym		5:45 PM to 6:30 PM Limber Limbs - Trisha	1:00 PM to 1:45 PM Lap Aqua Zumba - Carol			

SWIM MEETS/ RENTALS AND OTHER POOL CLOSURES / SCHEDULE MODIFICATIONS

Ongoing: US Air Force - 1st Thursday of the Month 11:10am-12:45pm - Lane 6

Ongoing: US Navy - Wednesdays 11:00am - 1:00pm - Lane 6

HS Swim Meet - Monday, January 12th - Both Pools Close @5:45pm

YMCA NE Districts Meet - Saturday, January 24th - Both Pools @12:15pm

YMCA NE Districts Meet - Sunday, January 25th - Both Pools Close @11:45am

HS Senior Night Meet - Wednesday, January 28th - Both Pools Close @5:45

Lap Lanes: 8 years (Green Band) to Adult. Must swim laps. Please circle swim counter-clockwise when 3 or more swimmers. **Open Swim:** Open to all facility members

Lap Pool Stairs: Currently out of comission due to safety concerns. A replacment set is being ordered and should hopefully arrive around the end of February. Our apologies for the inconvenience.

Electric Chair Lifts: Always available for pool access needs.

YMCA ALLARD CENTER OF GOFFSTOWN | Tim Curran - Aquatics Director

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Updated: 1/7/2026

Water Exercise Classes

15/15 - Lap Pool

This class combines a 15 minute deep water workout, 15 minutes of strength training, and a 15 minute aerobic session, all in a single class for a total body work out.

Arthritis – Teaching Pool

This class is designed to guide you through a series of water exercises with the aid of the water's buoyancy and resistive properties help you improve your flexibility, range of motion, joint mobility, and muscular strength. No swimming skills required.

Aqua Mix- Lap Pool

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

Aqua Flow- Teaching Pool

Using elements of yoga and Tai Chi to improve movement. Slow paced with emphasis on whole body movements and relaxation. Suitable for all abilities.

Aqua Zumba - Lap Pool

An invigorating workout that includes splashing, stretching, twisting, and laughter blended all together in a safe, challenging, water-based workout that is cardio conditioning and body toning.

Deep Water Fitness- Lap Pool

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.

Limber Limbs – Teaching Pool

This low-intensity class is a great way to trim and firm your body, develop flexibility, and increase your endurance.

Water Walking Workout- Lap Pool

This class is designed to move participants the length of the pool, back & forth, in shallow and deep water for 45 min.

Equipment and intervals are used for cardio endurance, strength and balance. Class can be modified to all abilities.

Water Warriors- Lap Pool

Water Warriors is a challenging class, utilizing both deep and shallow water. Equipment is used in varying intensity. Basic swimming skills are beneficial.

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 use aqua joggers, water weights, or other equipment.

Open Swim Lap Pool

The lap pool is available for all-age open swim or self-led water exercise routines during posted hours. 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 in the water by a parent or guardian. Inflatable floatation devices are not permitted.

Open Swim Teaching Pool

The teaching 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. Parents are not required in the water if non-swimmer children over 3 remain in the shallow end and wear a lifejacket, however please note that this is an exception to general policy for this pool ONLY! Inflatable floatation devices are not permitted.

Allard Center YMCA of Goffstown - Lap Pool Schedule - Winter Week 2 January 12 - 18 , 2026

Allard Center YMCA of Goffstown - Teaching Pool Schedule -Winter Week 2- January 12 - 18, 2026

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
5:30 5:45 600 615 630 645 700 715 730 745 800 815 830 845 900 915 930 945 1000 1015 1030 1045 1100 1115 1130 1145 1200 1215 1230 1245 100 115 130 145 200 215 230 245 300 315 330 345 400 415 430 445 500 515 530 545 600 615 630 645 700 715 730 745 800 815 830 845	Open Swim 5:35-8:10 Limber Limbs Charlene 8:15-9:00 Open Swim 9:05-11:55 Arthritis Kym 12:00-12:45 Open Swim 12:50-3:55 Swim Lessons 4:00-5:40 Pool Closed at 5:40 for Swim Meet	Open Swim 5:35-8:10 Limber Limbs Sheila 8:15-9:00 Open Swim 9:05-11:55 Arthritis Arlene 12:00-12:45 Open Swim 12:50-3:55 Swim Lessons 4:00-6:50 Open Swim 6:55-8:30	Open Swim 5:35-8:10 Aqua Flow Mindy 8:15-9:00 Open Swim 9:05-10:10 Swim Lessons 10:15-11:20 Open Swim 11:25-11:55 Arthritis Arlene 12:00-12:45 KDC PM 1:00-2:00 Open Swim 2:05-3:55	Open Swim 5:35-9:40 KDC AM 9:45-10:45 Swim Lessons 10:50-11:55 Open Swim 12:50-3:55 Swim Lessons 4:00-6:15 Open Swim 6:20-8:30	Open Swim 5:35-8:10 Limber Limbs Sheila 8:15-9:00 Open Swim 9:05-11:55 Arthritis Kym 12:00-12:45 Open Swim 12:00-5:30 Open Swim 12:50-8:30	Open Swim 7:15-8:30 Swim Lessons 8:30-10:45 Open Swim 10:50-3:30 Open Swim 12:00-5:30