



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULES

YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

Winter Week 5 | February 2-8, 2026



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

## SWIM MEETS/ RENTALS AND OTHER POOL CLOSURES / SCHEDULE MODIFICATIONS

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

Tiger Sharks Home Meet - Saturday, February 28th - Both Pools Close @12:15pm

**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 commission due to safety concerns. A replacement 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

116 Goffstown Back Road | Goffstown, NH 03045 | tcurran@graniteymca.org | 603.497.4663

Updated: 1/28/2026

### **Water Exercise Classes**

#### **15/15/15 - 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 workout.

#### **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 using 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 flotation device and must be accompanied in the water by a parent or guardian. Inflatable flotation 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 flotation 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 flotation devices are not permitted.

**Allard Center YMCA of Goffstown - Lap Pool Schedule - Winter Week 5 February 2 - 8, 2026**

	Mondays						Tuesdays						Wednesdays						Thursdays						Fridays						Saturdays						Sundays					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6						
530	Adult Open Swim 5:35-9:15 (1)	5:35-6:40	Masters 5:35-6:35				Adult Open Swim 5:35-9:15 (1)		Lap Swim 5:35-9:00 (2-6)				Adult Open Swim 5:35-9:15 (1)	5:35-6:40	Masters 5:35-6:35				Adult Open Swim 5:35-8:15 (1)		Lap Swim 5:35 - 8:00 (2-6)				Adult Open Swim 5:35-9:15 (1)	5:35-6:40	Masters 5:35-6:35															
545			Lap Swim 6:40-9:00 (2-6)						Lap Swim 6:40-9:00 (2-6)						Lap Swim 6:40-9:00 (2-6)						Lap Swim 6:40-9:00 (2-6)																					
600						Lap Swim 5:35-9:00 (2-6)								Lap Swim 5:35-8:15 (1)								Lap Swim 5:35-9:15 (1)																				
615																																										
630						Lap Swim 5:35-9:00 (2-6)								Lap Swim 5:35-8:15 (1)								Lap Swim 5:35-9:15 (1)																				
645																																										
700						Lap Swim 5:35-9:00 (2-6)								Lap Swim 5:35-8:15 (1)								Lap Swim 5:35-9:15 (1)																				
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730						Lap Swim 5:35-9:00 (2-6)								Lap Swim 5:35-8:15 (1)								Lap Swim 5:35-9:15 (1)																				
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800					Lap Swim 5:35-9:00 (2-6)								Lap Swim 5:35-8:15 (1)								Lap Swim 5:35-9:15 (1)																					
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1600					Lap Swim 5:35-9:00 (2-6)								Lap Swim 5:35-																													

