



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>
<b>Lap Swim</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>
	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>		
<b>Adult Open</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>
	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		
<b>Open Swim Lap Pool</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>
	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			
<b>Open Swim Teaching Pool</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>
	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				
<b>Water Exercise</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>	<b>Lanes</b>
	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 comission due to safety concerns. A replacment set is being ordered and should hopefully arrive around the end of February. Our apologies for the inconvinience.

**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@granitemcma.org](mailto:tcurran@granitemcma.org) | [603.497.4663](tel:603.497.4663)

Updated: 1/28/2026

### **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 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>																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																		
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535	545	555	560	565	570	575	580	585	590	595	600	605	610	615	620	625	630	635	640	645	650	655	660	665	670	675	680	685	690	695	700	705	710	715	720	725	730	735	740	745	750	755	760	765	770	775	780	785	790	795	800	805	810	815	820	825	830	835	840	845	850	855	860	865	870	875	880	885	890	895	900	905	910	915	920	925	930	935	940	945	950	955	960	965	970	975	980	985	990	995	1000	1005	1010	1015	1020	1025	1030	1035	1040	1045	1050	1055	1060	1065	1070	1075	1080	1085	1090	1095	1100	1105	1110	1115	1120	1125	1130	1135	1140	1145	1150	1155	1160	1165	1170	1175	1180	1185	1190	1195	1200	1205	1210	1215	1220	1225	1230	1235	1240	1245	1250	1255	1260	1265	1270	1275	1280	1285	1290	1295	1300	1305	1310	1315	1320	1325	1330	1335	1340	1345	1350	1355	1360	1365	1370	1375	1380	1385	1390	1395	1400	1405	1410	1415	1420	1425	1430	1435	1440	1445	1450	1455	1460	1465	1470	1475	1480	1485	1490	1495	1500	1505	1510	1515	1520	1525	1530	1535	1540	1545	1550	1555	1560	1565	1570	1575	1580	1585	1590	1595	1600	1605	1610	1615	1620	1625	1630	1635	1640	1645	1650	1655	1660	1665	1670	1675	1680	1685	1690	1695	1700	1705	1710	1715	1720	1725	1730	1735	1740	1745	1750	1755	1760	1765	1770	1775	1780	1785	1790	1795	1800	1805	1810	1815	1820	1825	1830	1835	1840	1845	1850	1855	1860	1865	1870	1875	1880	1885	1890	1895	1900	1905	1910	1915	1920	1925	1930	1935	1940	1945	1950	1955	1960	1965	1970	1975	1980	1985	1990	1995	2000	2005	2010	2015	2020	2025	2030	2035	2040	2045	2050	2055	2060	2065	2070	2075	2080	2085	2090	2095	2100	2105	2110	2115	2120	2125	2130	2135	2140	2145	2150	2155	2160	2165	2170	2175	2180	2185	2190	2195	2200	2205	2210	2215	2220	2225	2230	2235	2240	2245	2250	2255	2260	2265	2270	2275	2280	2285	2290	2295	2300	2305	2310	2315	2320	2325	2330	2335	2340	2345	2350	2355	2360	2365	2370	2375	2380	2385	2390	2395	2400	2405	2410	2415	2420	2425	2430	2435	2440	2445	2450	2455	2460	2465	2470	2475	2480	2485	2490	2495	2500	2505	2510	2515	2520	2525	2530	2535	2540	2545	2550	2555	2560	2565	2570	2575	2580	2585	2590	2595	2600	2605	2610	2615	2620	2625	2630	2635	2640	2645	2650	2655	2660	2665	2670	2675	2680	2685	2690	2695	2700	2705	2710	2715	2720	2725	2730	2735	2740	2745	2750	2755	2760	2765	2770	2775	2780	2785	2790	2795	2800	2805	2810	2815	2820	2825	2830	2835	2840	2845	2850	2855	2860	2865	2870	2875	2880	2885	2890	2895	2900	2905	2910	2915	2920	2925	2930	2935	2940	2945	2950	2955	2960	2965	2970	2975	2980	2985	2990	2995	3000	3005	3010	3015	3020	3025	3030	3035	3040	3045	3050	3055	3060	3065	3070	3075	3080	3085	3090	3095	3100	3105	3110	3115	3120	3125	3130	3135	3140	3145	3150	3155	3160	3165	3170	3175	3180	3185	3190	3195	3200	3205	3210	3215	3220	3225	3230	3235	3240	3245	3250	3255	3260	3265	3270	3275	3280	3285	3290	3295	3300	3305	3310	3315	3320	3325	3330	3335	3340	3345	3350	3355	3360	3365	3370	3375	3380	3385	3390	3395	3400	3405	3410	3415	3420	3425	3430	3435	3440	3445	3450	3455	3460	3465	3470	3475	3480	3485	3490	3495	3500	3505	3510	3515	3520	3525	3530	3535	3540	3545	3550	3555	3560	3565	3570	3575	3580	3585	3590	3595	3600	3605	3610	3615	3620	3625	3630	3635	3640	3645	3650	3655	3660	3665	3670	3675	3680	3685	3690	3695	3700	3705	3710	3715	3720	3725	3730	3735	3740	3745	3750	3755	3760	3765	3770	3775	3780	3785	3790	3795	3800	3805	3810	3815	3820	3825	3830	3835	3840	3845	3850	3855	3860	3865	3870	3875	3880	3885	3890	3895	3900	3905	3910	3915	3920	3925	3930	3935	3940	3945	3950	3955	3960	3965	3970	3975	3980	3985	3990	3995	4000	4005	4010	4015	4020	4025	4030	4035	4040	4045	4050	4055	4060	4065	4070	4075	4080	4085	4090	4095	4100	4105	4110	4115	4120	4125	4130	4135	4140	4145	4150	4155	4160	4165	4170	4175	4180	4185	4190	4195	4200	4205	4210	4215	4220	4225	4230	4235	4240	4245	4250	4255	4260	4265	4270	4275	4280	4285	4290	4295	4300	4305	4310	4315	4320	4325	4330	4335	4340	4345	4350	4355	4360	4365	4370	4375	4380	4385	4390	4395	4400	4405	4410	4415	4420	4425	4430	4435	4440	4445	4450	4455	4460	4465	4470	4475	4480	4485	4490	4495	4500	4505	4510	4515	4520	4525	4530	4535	4540	4545	4550	4555	4560	4565	4570	4575	4580	4585	4590	4595	4600	4605	4610	4615	4620	4625	4630	4635	4640	4645	4650	4655	4660	4665	4670	4675	4680	4685	4690	4695	4700	4705	4710	4715	4720	4725	4730	4735	4740	4745	4750	4755	4760	4765	4770	4775	4780	4785	4790	4795	4800	4805	4810	4815	4820	4825	4830	4835	4840	4845	4850	4855	4860	4865	4870	4875	4880	4885	4890	4895	4900	4905	4910	4915	4920	4925	4930	4935	4940	4945	4950	4955	4960	4965	4970	4975	4980	4985	4990	4995	5000	5005	5010	5015	5020	5025	5030	5035	5040	5045	5050	5055	5060	5065	5070	5075	5080	5085	5090	5095	5100	5105	5110	5115	5120	5125	5130	5135	5140	5145	5150	5155	5160	5165	5170	5175	5180	5185	5190	5195	5200	5205	5210	5215	5220	5225	5230	5235	5240	5245	5250	5255	5260	5265	5270	5275	5280	5285	5290	5295	5300	5305	5310	5315	5320	5325	5330	5335	5340	5345	5350	5355	5360	5365	5370	5375	5380	5385	5390	5395	5400	5405	5410	5415	5420	5425	5430	5435	5440	5445	5450	5455	5460	5465	5470	5475	5480	5485	5490	5495	5500	5505	5510	5515	5520	5525	5530	5535	5540	5545	5550	5555	5560	5565	5570	5575	5580	5585	5590	5595	5600	5605	5610	5615	5620	5625	5630	5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Allard Center YMCA of Goffstown - Teaching Pool Schedule -Winter Week 5- February 2-8, 2026

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-9:40	Open Swim 5:35-8:10		
Limber Limbs Charlene 8:15-9:00	Limber Limbs Sheila 8:15-9:00	Aqua Flow Mindy 8:15-9:00		Limber Limbs Sheila 8:15-9:00	Open Swim 7:15-8:30	
Open Swim 9:05-11:55	Open Swim 9:05-11:55	Open Swim 9:05-10:10	KDC AM 9:45-10:45	Open Swim 9:05-11:55	Swim Lessons 8:30-11:55	Swim Lessons 8:30-10:45
Arthritis Kym 12:00-12:45	Arthritis Arlene 12:00-12:45	Arthritis Arlene 12:00-12:45	Arthritis Kym 12:00-12:45	Arthritis Kym 12:00-12:45		
Open Swim 12:50-3:55	Open Swim 12:50-3:55	KDC PM 1:00-2:00	Open Swim 12:50-3:55			Open Swim 10:50-3:30
Swim Lessons 4:00-5:40	Swim Lessons 4:00-6:50	Open Swim 2:05-3:55	Open Swim 12:50-3:55	Open Swim 12:50-8:30	Open Swim 12:00-5:30	
Limber Limbs Trisha 5:45-6:30		Limber Limbs Trisha 5:45-6:30				
Open Swim 6:35-8:30	Open Swim 6:55-8:30	Open Swim 6:35-8:30	Open Swim 6:20-8:30			