



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULES

YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

Spring Break Week | April 27 - May 3, 2026



	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
	<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 6:40 AM to 9:00 AM 5 9:00 AM to 11:10 AM 2 11:10 AM to 8:30 PM 4	5:35 AM to 9:00 AM 5 9:00 AM to 10:10 AM 2 10:10 AM to 8:30 PM 4	5:35 AM to 6:40 AM 1 6:40 AM to 9:00 AM 5 9:00 AM to 10:10 AM 2 10:10 AM to 10:55 AM 4 10:55 AM to 1:05 PM 3 1:05 PM to 8:30 PM 4	5:35 AM to 8:00 AM 5 8:00 AM to 10:10 AM 2 10:10 AM to 8:30 PM 3	5:35 AM to 6:40 AM 1 6:40 AM to 9:00 AM 5 9:00 AM to 10:10 AM 2 10:10 AM to 8:30 PM 4	7:15 AM to 8:50 AM 1 8:50 AM to 5:30 PM 4	8:15 AM to 11:55 AM 4 11:55 AM to 1:35 PM 3 1:35 PM to 3:30 PM 4
Adult Open	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	11:00 AM to 1:55 PM 2 3:05 PM to 8:30 PM 2	10:00 AM to 1:55 PM 2 3:05 PM to 8:30 PM 2	10:00 AM to 1:55 PM 2 3:05 PM to 8:30 PM 2	10:00 AM to 1:00 PM 2 3:05 PM to 8:30 PM 2	10:00 AM to 1:55 PM 2 3:05 PM to 8:30 PM 2	7:15 AM to 8:50 AM 1 8:50 AM to 5:30 PM 2	8:15 AM to 3:30 PM 2
Open Swim Teaching Pool	5:35 AM to 8:10 AM 9:05 AM to 10:40 AM 12:50 PM to 5:40 PM 6:35 PM to 8:30 PM	5:35 AM to 8:10 AM 9:05 AM to 10:40 AM 12:50 PM to 8:30 PM	5:35 AM to 8:10 AM 9:05 AM to 10:40 AM 12:50 PM to 5:40 PM 6:35 PM to 8:30 PM	5:35 AM to 10:40 AM 12:50 PM to 8:30 PM	5:35 AM to 8:10 AM 9:05 AM to 10:40 AM 12:50 PM to 8:30 PM	7:15 AM to 5:30 PM	8:15 AM to 3:30 PM
Water Exercise	8:15 AM to 9:00 AM TP Limber Limbs - Charlene 9:15 AM to 10:00 AM Lap Deep Water Fitness - Donna 10:15 AM to 11:00 AM Lap Aqua Mix -Lori 12:00 PM to 12:45 PM TP Arthritis - Roger 5:45 PM to 6:30 PM Limber Limbs - Roger	8:15 AM to 9:00 AM TP Limber Limbs - Sheila 9:15 AM to 10:00 AM Lap Water Walking - Donna 12:00 PM to 12:45 PM TP Arthritis - Roger	8:15 AM to 9:00 AM TP Aqua Flow- Mindy 9:15 AM to 10:00 AM Lap Aqua Mix -Lori 12:00 PM to 12:45 PM TP Arthritis - Arlene 5:45 PM to 6:30 PM Limber Limbs - Roger	8:15 AM to 9:00 AM Lap Water Warriors - Rotating 9:15 AM to 10:00 AM Lap 15/15/15 - Lori 12:00 PM to 12:45 PM TP Arthritis - Roger 1:00 PM to 1:45 PM Lap Aqua Zumba - Carol	8:15 AM to 9:00 AM TP Limber Limbs - Sheila 9:15 AM to 10:00 AM Lap Aqua Mix -Sheila 12:00 PM to 12:45 PM TP Arthritis - Kym		

SWIM MEETS/ RENTALS AND OTHER POOL CLOSURES / SCHEDULE MODIFICATIONS
Ongoing: US Navy Wednesdays 11:00-1:00pm - Lane 6 + alt. Sundays 12-1:30pm
Ongoing: US Air Force - 1st Thursday of the Month 10:10am-1:10pm - Lane 6
Repeating: 3rd Grade Water Safety 12:15-1:30pm Fridays - No Open Swims or Arthritis Class - 4/3, 4/10, 4/24, 5/8, 5/15
School Vataction Week - April 27 - May 3rd - No Swim Lessons - Vacation Camp
Weekdays: Teaching Pool 10:45-11:45am / Lap Pool 2:00-3:00pm

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 - Teaching Pool Schedule -Spring Break Week - April 27 - May 3, 2026

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
5:30	Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-10:40	Open Swim 5:35-8:10		
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12:00	Arthritis Roger 12:00-12:45	Arthritis Roger 12:00-12:45	Arthritis Arlene 12:00-12:45	Arthritis Roger 12:00-12:45	Arthritis Kym 12:00-12:45	Open Swim 7:15-5:30	Open Swim 8:15-3:30
12:15							
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12:45	Open Swim 12:50-5:40	Open Swim 12:50-8:30	Open Swim 12:50-5:40	Open Swim 12:50-8:30	Open Swim 12:50-8:30		
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