



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULES



YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

**Spring Week 11 | May 18 - May 24, 2026**

	<u>Monday 5/18</u>	<u>Tuesday 5/19</u>	<u>Wednesday 5/21</u>	<u>Thursday 5/22</u>	<u>Friday 5/23</u>	<u>Saturday 5/24</u>	<u>Sunday 5/25</u>
<b>Lap Swim</b>	<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 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 3:55 PM 4	9:00 AM to 10:10 AM 2	10:10 AM to 12:00 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 4:30 PM 4	3:55 PM to 4:55 PM 3	10:10 AM to 10:55 AM 4	12:00 PM to 3:55 PM 4	10:10 AM to 3:55 PM 4		
	4:30 PM to 7:35 PM 1	4:55 PM to 7:35 PM 1	10:55 AM to 1:35 PM 3	3:55 PM to 4:55 PM 3	3:55 PM to 7:05 PM 1		
	7:35 PM to 8:30 PM 5	7:35 PM to 8:30 PM 5	1:35 PM to 3:55 PM 4	4:55 PM to 7:35 PM 1	7:05 PM to 8:30 PM 5		
		3:55 PM to 4:25 PM 5	7:35 PM to 8:30 PM 4				
		4:25 PM to 6:05 PM 1					
		6:05 PM to 7:45 PM 3					
		7:45 PM to 8:30 PM 5					
<b>Adult Open</b>	<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		
<b>Open Swim Lap Pool</b>	<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	7:10 PM to 8:30 PM 1	1:45 PM to 3:55 PM 2	6:15 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>	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 8:25 AM	10:50 AM to 3:30 PM
	9:05 AM to 9:55 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	
	11:05 AM to 11:55 AM	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		
	12:50 PM to 3:55 PM	6:55 PM to 8:30 PM	2:05 PM to 3:55 PM				
	6:35 PM to 8:30 PM		6:35 PM to 8:30 PM				
<b>Water Exercise</b>	8:15 AM to 9:00 AM TP <b>Limber Limbs - Charlene</b>	8:15 AM to 9:00 AM TP <b>Limber Limbs - Sheila</b>	8:15 AM to 9:00 AM TP <b>Aqua Flow- Donna</b>	8:15 AM to 9:00 AM Lap <b>Water Warriors - Rotating</b>	8:15 AM to 9:00 AM TP <b>Limber Limbs - Sheila</b>		
	9:15 AM to 10:00 AM Lap <b>Deep Water Fitness - Donna</b>	9:15 AM to 10:00 AM Lap <b>Water Walking - Donna</b>	9:15 AM to 10:00 AM Lap <b>Aqua Mix -Lori</b>	9:15 AM to 10:00 AM Lap <b>15/15/15 - Lori</b>	9:15 AM to 10:00 AM Lap <b>Aqua Mix -Sheila</b>		
	10:15 AM to 11:00 AM Lap <b>Aqua Mix -Lori</b>	12:00 PM to 12:45 PM TP <b>Arthritis - Roger</b>	12:00 PM to 12:45 PM TP <b>Arthritis - Arlene</b>	12:00 PM to 12:45 PM TP <b>Arthritis - Roger</b>	12:00 PM to 12:45 PM TP <b>Arthritis - Kym</b>		
	12:00 PM to 12:45 PM TP <b>Arthritis - Roger</b>		5:45 PM to 6:30 PM <b>Limber Limbs - Roger</b>	1:00 PM to 1:45 PM Lap <b>Aqua Zumba - Rachel</b>			
	5:45 PM to 6:30 PM <b>Limber Limbs - Roger</b>						

**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**  
**Troop 106 Rental - Thursday, 5/21 7:30-8:30 - Lane 6**

**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:** Available During Open Swim and Water Exercise times. May be removed for program needs at peak times M-F approx. 4-7pm.

**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: 5/13/2026

### **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 - Teaching Pool Schedule -Spring Week 11 - May 18-24, 2026**

	<b>Monday 5/18</b>	<b>Tuesday 5/19</b>	<b>Wednesday 5/20</b>	<b>Thursday 5/21</b>	<b>Friday 5/22</b>	<b>Saturday 5/23</b>	<b>Sunday 5/24</b>
5:30	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		
5:45							
6:00							
6:15							
6:30							
6:45							
7:00							
7:15							
7:30							
7:45							
8:00					Open Swim 7:15-8:25		
8:15	Limber Limbs Charlene 8:15-9:00	Limber Limbs Sheila 8:15-9:00	Aqua Flow Donna 8:15-9:00		Limber Limbs Sheila 8:15-9:00	Swim Lessons 8:30-11:55	Swim Lessons 8:30-10:45
8:30							
8:45							
9:00	Open Swim 9:05-9:55	Open Swim 9:05-11:55	Open Swim 9:05-10:10		Open Swim 9:05-11:55		
9:15							
9:30							
9:45							
10:00	PreK 10:00-11:00			KDC AM 9:45-10:45			
10:15							
10:30			Swim Lessons 10:15-11:20				
10:45				Swim Lessons 10:50-11:55			
11:00	Open Swim 11:05-9:55			Open Swim 11:25-11:55			
11:15							
11:30	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 10:50-3:30	
12:00							
12:15							
12:30							
12:45	Open Swim 12:50-3:55	Open Swim 12:50-3:55		Open Swim 12:50-3:55	Open Swim 12:50-8:30		
1:00							
1:15			KDC PM 1:00-2:00				
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3:45							
4:00	Swim Lessons 4:00-5:40	Swim Lessons 4:00-6:50	Swim Lessons 4:00-5:40	Swim Lessons 4:00-6:15			
4:15							
4:30							
4:45							
5:00							
5:15							
5:30	Limber Limbs Roger 5:45-6:30		Limber Limbs Roger 5:45-6:30				
5:45							
6:00	Open Swim 6:35-8:30		Open Swim 6:55-8:30	Open Swim 6:35-8:30	Open Swim 6:20-8:30		
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