



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULES



YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

Fall Week 5 | September 29 - October 5, 2025

	Monday 9/29			Tuesday 9/30			Wednesday 10/1			Thursday 10/2			Friday 10/3			Saturday 10/4			Sunday 10/5		
	<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	3	
	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 11:05 AM	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 7:35 PM	1		10:10 AM to 10:55 AM	4		11:05 AM to 12:50 PM	3		10:10 AM to 3:55 PM	4							
	3:55 PM to 4:25 PM	5		7:35 PM to 8:00 PM	5		10:55 AM to 1:05 PM	3		12:50 PM to 4:10 PM	4		3:55 PM to 7:05 PM	1							
	4:25 PM to 7:35 PM	1					1:05 PM to 3:55 PM	4		4:10 PM to 7:35 PM	1		7:05 PM to 8:00 PM	5							
Lap Swim	7:35 PM to 8:00 PM	5					3:55 PM to 4:25 PM	5		7:35 PM to 8:00 PM	5										
							4:25 PM to 6:05 PM	1													
							6:05 PM to 8:00 PM	3													
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	
Open Lap Pool	6:20 PM to 8:00 PM	1		6:35 PM to 8:00 PM	1		7:05 PM to 8:00 PM	1		1:45 PM to 3:55 PM	2		3:55 PM to 8:00 PM	1		12:15 PM to 5:30 PM	2				
										7:05 PM to 8:00 PM	1										
Open 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 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 4:30 PM			11:25 AM to 11:55 AM			6:20 PM to 8:00 PM			12:50 PM to 8:00 PM								
	12:50 PM to 3:55 PM			6:55 PM to 8:00 PM			2:05 PM to 3:55 PM														
	6:35 PM to 8:00 PM						6:35 PM to 8:00 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								
	Limber Limbs - Charlene			Limber Limbs - Sheila			Aqua Flow- Mindy			Water Warriors - Rotating			Limber Limbs - Sheila								
	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								
	Deep Water Fitness - Donna			Water Walking - Donna			Aqua Mix -Lori			15/15/15 - Lori			Aqua Mix -Sheila								
	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								
Water Exercise	Aqua Mix -Lori			Arthritis - Roger			Arthritis - Leslie			Arthritis - Roger			Arthritis - Leslie								
	12:00 PM to 12:45 PM TP						5:45 PM to 6:30 PM TP			1:00 PM to 1:45 PM Lap											
	Arthritis - Roger						Limber Limbs - Roger			Aqua Zumba - Carol											
Water Exercise	5:45 PM to 6:30 PM TP																				
	Limber Limbs - Roger																				

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

Tuesday, November 11th - YMCA Closed for Veteran's Day

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 times and Water Exercise Classes. May be removed at all other times due to program needs.

Electric Chair Lifts: Always available for pool access needs.

YMCA ALLARD CENTER OF GOFFSTOWN | Tim Curran - Aquatics Director

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Updated: 9/24/2025

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 - Fall Week 5- September 29-October 5, 2025

[illegible]

Allard Center YMCA of Goffstown - Teaching Pool Schedule - Fall Week 5 - September 29-October 5, 2025

	Monday 9/29	Tuesday 9/30	Wednesday 10/1	Thursday 10/2	Friday 10/3	Saturday 10/4	Sunday 10/5
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						Open Swim 7:15-8:30	
7:00							
7:15	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	Swim Lessons 8:30-11:55	Swim Lessons 8:30-10:45
7:30							
7:45							
8:00							
8:15							
8:30	Open Swim 9:05-9:55	Open Swim 9:05-11:55	Open Swim 9:05-10:10		Open Swim 9:05-11:55		
8:45							
9:00							
9:15							
9:30							
9:45	Pre-K 10:00-11:00		Swim Lessons 10:15-11:20	KDC AM 9:45-10:45			
10:00							
10:15							
10:30							
10:45							
11:00	Open Swim 11:05-11:55		Open Swim 11:25-11:55	Swim Lessons 10:50-11:55			
11:15							
11:30							
11:45							
12:00							
12:15	Arthritis Roger 12:00-12:45	Arthritis Roger 12:00-12:45	Arthritis Leslie 12:00-12:45	Arthritis Roger 12:00-12:45	Arthritis Leslie 12:00-12:45	Open Swim 12:00-5:30	Open Swim 10:50-3:30
12:30							
12:45							
1:00							
1:15							
1:30	Open Swim 12:50-3:55	Open Swim 12:50-4:30	KDC PM 1:00-2:00	Open Swim 12:50-3:55	Open Swim 12:50-8:00		
1:45							
2:00							
2:15							
2:30							
2:45	Swim Lessons 4:00-5:40	Open Swim 12:50-4:30	Open Swim 2:05-3:55	Open Swim 12:50-3:55	Open Swim 12:50-8:00		
3:00							
3:15							
3:30							
3:45							
4:00	Swim Lessons 4:00-5:40	Swim Lessons 4:35-6:50	Swim Lessons 4:00-5:40	Swim Lessons 4:00-6:15	Open Swim 12:50-8:00		
4:15							
4:30							
4:45							
5:00							
5:15	Limber Limbs Roger 5:45-6:30	Swim Lessons 4:35-6:50	Limber Limbs Roger 5:45-6:30	Open Swim 6:20-8:00	Open Swim 12:50-8:00		
5:30							
5:45							
6:00							
6:15							
6:30	Open Swim 6:35-8:00	Open Swim 6:55-8:00	Open Swim 6:35-8:00	Open Swim 6:20-8:00	Open Swim 12:50-8:00		
6:45							
7:00							
7:15							
7:30							
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8:30							
8:45							