POOL SCHEDULES

YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

Fall Week 4 | September 28 - October 4, 2026

Lap Swim

Monday 9/28	Lanes	Tuesday 9/29	Lanes	Wednesday 9/30	Lanes	Thursday 10/1	Lanes	Friday 10/2	Lanes	Saturday 10/3	Lanes	Sunday 10/4	Lanes
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	5	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 12:15 PM	3	10:45 AM to 1:30 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 12:55 PM	3	9:00 AM to 11:10 AM	2	12:15 PM to 12:45 PM	4	1:30 PM to 3:30 PM	4
11:10 AM to 4:25 PM	4	4:10 PM to 7:35 PM	1	10:10 AM to 10:55 AM	4	12:55 PM to 1:50 PM	2	11:10 AM to 3:55 PM	4	12:45 PM to 5:30 PM	3		
4:25 PM to 7:35 PM	1	7:35 PM to 8:30 PM	5	10:55 AM to 1:05 PM	3	1:50 PM to 4:10 PM	4	3:55 PM to 7:05 PM	1				
7:35 PM to 8:30 PM	5			1:05 PM to 4:25 PM	4	4:10 PM to 7:35 PM	1	7:05 PM to 8:30 PM	5				
				4:25 PM to 6:05 PM	1	7:35 PM to 8:30 PM	5						
				6:05 PM to 7:45 PM	3								
				7:45 PM to 8:30 PM	5								

Adult Open

Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
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

Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
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	11:00 AM to 3:55 PM 2	7:15 AM to 12:15 PM 1	8:15 AM to 12:30 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	6:35 PM to 8:30 PM 1	12:15 PM to 12:45 PM 2	
			7:10 PM to 8:30 PM 1		Lifeguard Trainings this weekend - Lap Pool Open Swim closes early	

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 10:45 AM	5:35 AM to 8:10 AM	7:15 AM to 8:25 AM	8:15 AM to 9:00 AM
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	10:50 AM to 3:30 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	6:20 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				

Water Exercise

8:15 AM to 9:00 AM TP **Limber Limbs - Charlene**	8:15 AM to 9:00 AM TP **Limber Limbs - Sheila**	8:15 AM to 9:00 AM TP **Aqua Flow- Mindy**	8:15 AM to 9:00 AM Lap **Water Warriors - Rotating**	8:15 AM to 9:00 AM TP **Limber Limbs - Sheila**
9:15 AM to 10:00 AM Lap **Deep Water Fitness - Donna**	9:15 AM to 10:00 AM Lap **Water Walking - Donna**	9:15 AM to 10:00 AM Lap **Aqua Mix -Lori**	9:15 AM to 10:00 AM Lap **15/15/15 - Lori**	9:15 AM to 10:00 AM Lap **Aqua Mix -Sheila**
10:15 AM to 11:00 AM Lap **Aqua Hustle -Kym**	12:00 PM to 12:45 PM TP **Arthritis - Roger**	12:00 PM to 12:45 PM TP **Arthritis - Arlene**	12:00 PM to 12:45 PM TP **Arthritis - Roger**	10:15 AM to 11:00 AM **Aqua Zumba - Rachel**
12:00 PM to 12:45 PM TP **Arthritis - Roger**		5:45 PM to 6:30 PM **Limber Limbs - Roger**	1:00 PM to 1:45 PM **Aqua Zumba - Carol**	12:00 PM to 12:45 PM TP **Arthritis - Kym**
5:45 PM to 6:30 PM **Limber Limbs - Roger**				

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

Lifeguard Trainings - No Lap Pool Open Swim after 12:45pm on Sat 10/3 or after 12:30pm 0n Sun 10/4

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: 9/29/2026

Water Exercise Classes

15/15/15 - Lap Pool

This class combines a 15 minute deep water workout, 15 minutes of strenth 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 Hustle– Lap Pool

Dive into a high-energy freestyle water workout designed to challenge your entire body. Aqua Hustle combines cardio and strength training with a focus on new moves, creative movement patterns, and nonstop variety to keep every class fresh and engaging.

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. Suitible 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 floatation device and MUST be accompanied in the water by a parent or guardian and remain in the shallow end. Inflatable floatation devices are not permitted.

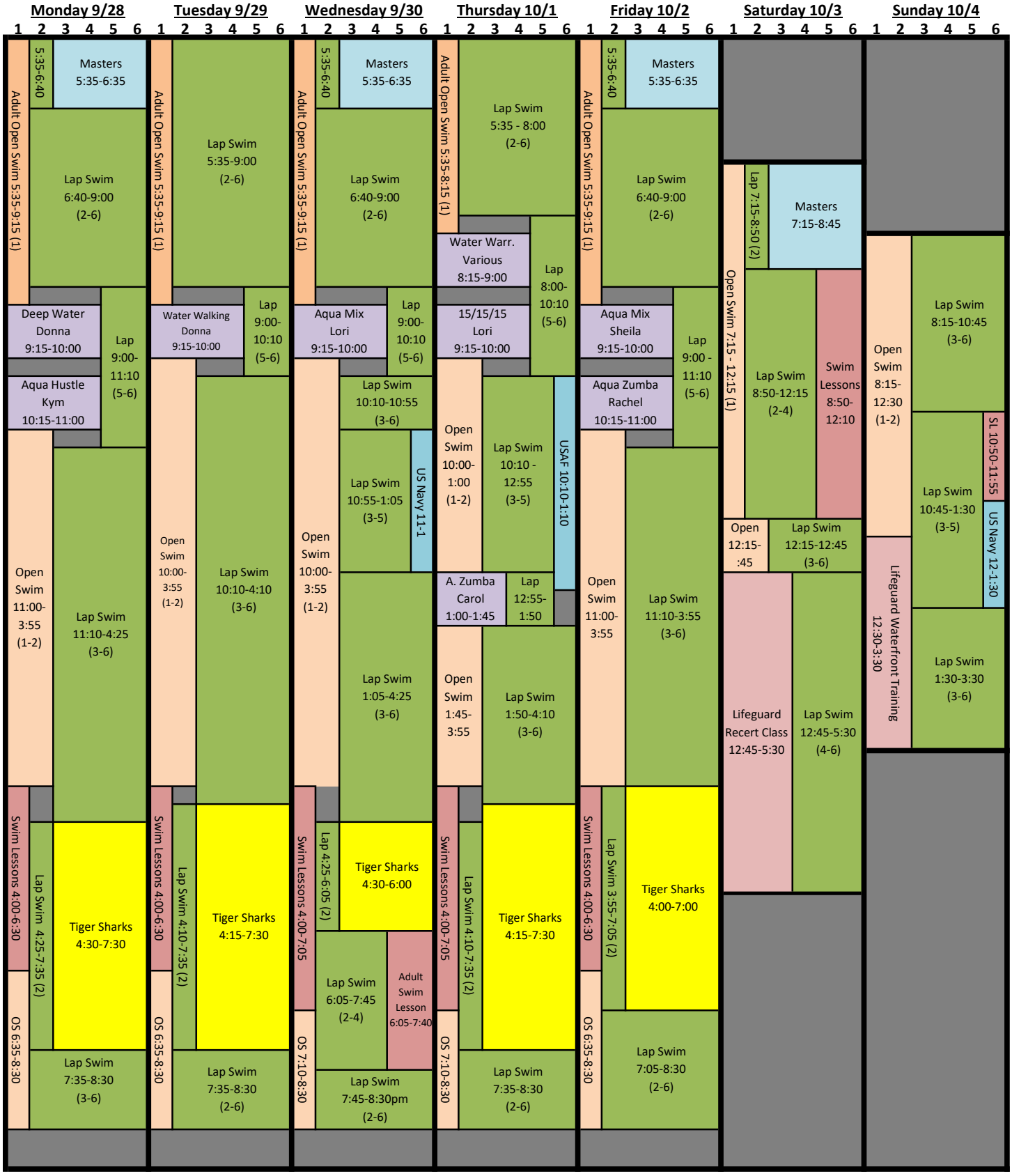
Open Swim Teaching Pool

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.

Outdoor Pool - (Summer Season Only)

The outdoor pool and splash pad is available for all-age open swim or lap swim 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 and remain in the shallow end. Inflatable floatation devices are not permitted.

Allard Center YMCA of Goffstown - Lap Pool Schedule - Fall Week 4 September 28-October 4, 2026



Allard Center YMCA of Goffstown - Teaching Pool Schedule -Fall Week 3 September 28 - October 4, 2026

Monday 9/28	Tuesday 9/29	Wednesday 9/30	Thursday 10/1	Friday 10/2	Saturday 10/3	Sunday 10/4
Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-10:45	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 7:15-8:25	Open Swim 8:15-9:00
Open Swim 9:05-9:55	Open Swim 9:05-11:55	Open Swim 9:05-10:10		Open Swim 9:05-11:55	Swim Lessons 8:30 - 11:55	Swim Lessons 9:05-10:45
Pre-K 10:00-11:00		Swim Lessons 10:15-11:20	Swim Lessons 10:50-11:55			Open Swim 10:50-3:30
Open Swim 11:05-11:55		Open Swim 11:25-11:55				
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 12:50-3:55	Open Swim 12:50-3:55	KDC PM 1:00-2:00	Open Swim 12:50-3:55	Open Swim 12:50-8:30	Open Swim 12:00-5:30	
		Open Swim 2:05-3:55				
Swim Lessons 4:00-5:40	Swim Lessons 4:00-6:15	Swim Lessons 4:00-5:40	Swim Lessons 4:00-6:15			
Limber Limbs Roger 5:45-6:30		Limber Limbs Roger 5:45-6:30				
Open Swim 6:35-8:30	Open Swim 6:20-8:30	Open Swim 6:35-8:30	Open Swim 6:20-8:30			