

POOL SCHEDULE



YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

Fall 2 - Thanksgiving Interim | November 25 - December 1, 2024

	Monday 11/25	Tuesday 11/26	Wednesday 11/27	Thursday 11/28	Friday 11/29	Saturday 11/30	Sunday 12/1
Lap Swim	5:35 AM to 6:40 AM 1 6:40 AM to 9:05 AM 5 9:05 AM to 11:10 AM 2 11:10 AM to 4:25 PM 4 4:25 PM to 7:10 PM 1 7:10 PM to 7:25 PM 2 7:25 PM to 8:30 PM 1	5:35 AM to 9:05 AM 5 9:05 AM to 11:10 AM 2 11:10 AM to 4:10 PM 4 4:10 PM to 8:30 PM 2	5:35 AM to 6:40 AM 1 6:40 AM to 9:05 AM 5 9:05 AM to 10:10 AM 2 10:10 AM to 4:25 PM 4 4:25 PM to 6:05 PM 2 6:05 PM to 8:30 PM 4	<div style="border: 1px solid black; padding: 10px; width: 100%;"> YMCA Closed for Thanksgiving! </div>	5:35 AM to 6:40 PM 1 6:40 PM to 9:05 AM 5 9:05 AM to 10:10 AM 2 10:10 AM to 8:30 PM 4	7:15 AM to 8:50 AM 2 8:50 AM to 7:30 PM 4	8:15 AM 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 9:15 AM 1		
Open Swim	11:00 AM to 3:55 PM 2	11:00 AM to 4:10 PM 2	10:00 AM to 4:25 PM 2 6:05 PM to 8:30 PM 2		10:00 AM to 8:30 PM 2	7:15 AM to 8:50 AM 1 8:50 AM to 7:30 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 9:55 AM 11:05 AM to 11:55 AM 12:50 PM to 3:55 PM 6:35 PM to 8:30 PM	5:35 AM to 8:10 AM 9:05 AM to 11:55 AM 12:50 PM to 8:30 PM	5:35 AM to 8:10 AM 9:05 AM to 11:55 AM 2:05 PM to 5:40 PM 6:35 PM to 8:30 PM		5:35 AM to 8:10 AM 9:05 AM to 11:55 AM 12:50 PM to 8:30 PM	7:15 AM to 7:30 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 TP Limber Limbs - Roger	8:15 AM to 9:00 AM TP Limber Limbs - Sheila 9:15 AM to 10:00 AM Lap 15/15/15 - Lori 10:15 AM to 11:00 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 10:15 AM to 11:00 AM Lap Arthritis - Leslie 12:00 PM to 12:45 PM TP Limber Limbs - Roger		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 - Leslie		

SWIM MEETS AND OTHER POOL CLOSURES / SCHEDULE MODIFICATIONS

Thursday, November 28 - YMCA CLOSED for Thanksgiving

NO SWIM LESSONS Thanksgiving Week! - Tuesday, 11/26 - Sunday, 12/1 Monday Classes have make-up on 11/25

Monday, December 9 - BHS Swim Meet - Both Pools Close at 5:30pm

Tuesday, December 17 - GHS/JSWS Swim Meet - Both Pools Close at 5:30pm

Saturday, January 4 - Tiger Sharks Swim Meet - Both Pools Close at 2:00pm

Sunday, January 5 - MHS Swim Meet - Both Pools Close at 12:30pm

Saturday, January 11 - Flick and Float Event 5:30-7:30pm - Details to Come!

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. 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.

Outdoor Pool

Open Swim, Lap Swim and the Splash Pad are available during all open hours. Please note that weather and daylight may affect pool hours. 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.

Allard Center YMCA of Goffstown - Teaching Pool Schedule - Fall 2 Thanksgiving Interim - November 25 - December 1, 2024

Monday 11/25 Tuesday 11/26 Wednesday 11/27 Thursday 11/28 Friday 11/29 Saturday 11/30 Sunday 12/1

5:30	Open Swim 5:35-8:10	Open Swim 5:35-8:10	Open Swim 5:35-8:10	YMCA Closed for Thanksgiving	Open Swim 5:35-8:10	Open Swim 7:15-7:30	Open Swim 8:30-3:30				
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