



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE



YMCA ALLARD CENTER OF GOFFSTOWN Pool Schedules

Fall 1 - Weeks 3-8 | September 16 - October 27, 2024

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
Lap Swim	5:35 AM to 6:40 AM 1 Lanes	5:35 AM to 9:05 AM 5 Lanes	5:35 AM to 6:40 AM 1 Lanes	5:35 AM to 8:05 AM 5 Lanes	5:35 AM to 6:40 PM 1 Lanes	7:15 AM to 8:50 AM 2 Lanes	8:15 AM to 10:45 AM 4 Lanes
	6:40 AM to 9:05 AM 5 Lanes	9:05 AM to 11:10 AM 2 Lanes	6:40 AM to 9:05 AM 5 Lanes	8:05 AM to 9:10 AM 2 Lanes	6:40 PM to 9:05 AM 5 Lanes	8:50 AM to 5:30 PM 4 Lanes	10:45 AM to 12:00 PM 3 Lanes
	9:05 AM to 11:10 AM 2 Lanes	11:10 AM to 4:10 PM 4 Lanes	9:05 AM to 10:10 AM 2 Lanes	9:10 AM to 12:55 PM 4 Lanes	9:05 AM to 10:10 AM 2 Lanes		12:00 PM to 3:30 PM 4 Lanes
	11:10 AM to 4:25 PM 4 Lanes	4:10 PM to 6:50 PM 1 Lanes	10:10 AM to 4:25 PM 4 Lanes	12:55 PM to 2:00 PM 2 Lanes	10:10 AM to 3:55 PM 4 Lanes		
	4:25 PM to 7:35 PM 1 Lanes	6:50 PM to 7:35 PM 2 Lanes	4:25 PM to 6:05 PM 1 Lanes	2:00 PM to 4:10 PM 4 Lanes	3:55 PM to 7:05 PM 2 Lanes		
	7:35 PM to 8:00 PM 6 Lanes	7:35 PM to 8:00 PM 6 Lanes	6:05 PM to 7:10 PM 3 Lanes	4:10 PM to 7:35 PM 1 Lanes	7:05 PM to 8:00 PM 4 Lanes		
			7:10 PM to 8:00 PM 4 Lanes	7:35 PM to 8:00 PM 6 Lanes			
Adult Open	5:35 AM to 9:15 AM 1 Lanes	5:35 AM to 9:15 AM 1 Lanes	5:35 AM to 9:15 AM 1 Lanes	5:35 AM to 8:15 AM 1 Lanes	5:35 AM to 9:15 AM 1 Lanes		
Open Swim	11:00 AM to 3:55 PM 2 Lanes	11:00 AM to 3:55 PM 2 Lanes	10:00 AM to 3:55 PM 2 Lanes	10:00 AM to 12:55 PM 2 Lanes	10:00 AM to 3:55 PM 2 Lanes	12:15 PM to 5:30 PM 2 Lanes	8:15 AM to 3:30 PM 2 Lanes
				1:45 PM to 3:55 PM 2 Lanes	7:05 PM to 8:00 PM 2 Lanes		
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 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	12:20 PM to 5:30 PM	
	11:05 AM to 11:55 AM	12:50 PM to 3:55 PM	2:05 PM to 3:55 PM	6:55 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	6:35 PM to 8:00 PM				
	6:35 PM to 8:00 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 15/15/15 - Lori	9:15 AM to 10:00 AM Lap Aqua Mix -Lori	12:00 PM to 12:45 PM TP Arthritis - Roger	9:15 AM to 10:00 AM Lap Aqua Mix -Sheila		
	10:15 AM to 11:00 AM Lap Aqua Mix -Lori	10:15 AM to 11:00 AM Lap Water Walking - Donna	12:00 PM to 12:45 PM TP Arthritis - Leslie	1:00 PM to 1:45 PM Lap Aqua Zumba - Marianela	12:00 PM to 12:45 PM TP Arthritis - Leslie		
	12:00 PM to 12:45 PM TP Arthritis - Roger	12:00 PM to 12:45 PM TP Arthritis - Roger	5:45 PM to 6:30 PM TP Limber Limbs - Roger				
	5:45 PM to 6:30 PM TP Limber Limbs - Roger						

## SWIM MEETS AND OTHER POOL CLOSURES / SCHEDULE MODIFICATIONS

Monday, October 14th - No School Day - Child Care Swims 11:15-12:00pm in Lap Pool and 1:00-1:45pm in Teaching Pool

**Lap Lanes:** 8 years 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: 9/13/2024

### 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 - NEW DAY AND TIME! Tuesdays @10:15am**

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 1 - Weeks 3-8 September 9 - October 27, 2024**

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>		
5:30									
5:45									
6:00									
6:15									
6:30	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				
6:45									
7:00									
7:15									
7:30									
7:45						Open Swim 7:15-8:25			
8:00									
8:15	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				
8:30									
8:45						Swim Lessons 8:30-12:15	Swim Lessons 8:30-10:45		
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	Pre-K 10:00-11:00				KDC 9:45-10:45				
10:00									
10:15			Swim Lessons 10:15-11:55	Swim Lessons 10:50-11:55					
10:30									
10:45	Open Swim 11:05-11:55						Open Swim 10:50-3:30		
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11:15									
11:30									
11:45									
12:00	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				
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 12:50-8:00		Open Swim 12:20-5:30		
1:00									
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5:45	Limber Limbs Roger 5:45-6:30		Limber Limbs Roger 5:45-6:30						
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6:15									
6:30	Open Swim 6:35-8:00	Open Swim 6:55-8:00	Open Swim 6:35-8:00	Open Swim 6:55-8:00					
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