



# POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF DOWNTOWN MANCHESTER

2-23-26 to 3-1-26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP SWIM	4:45am-8:25am (4) 9:20am-10:25am (2) 12:25pm-1:00pm (4) 2:00pm-4:30pm (2) 4:30pm-6:30pm (4) 6:30pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-10:30am (2) 11:35am-1:00pm (4) 2:00pm-4:30pm (2) 4:30pm-6:40pm (4) 6:45pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-1:00pm (4) 2:00pm-4:30pm (2) 4:30pm-6:30pm (4) 6:30pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-1:00pm (2) 3:00pm-4:30pm (2) 4:30pm-6:40pm (4) 6:45pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-1:00pm (4) 3:00pm-4:30pm (2) 4:30pm-6:30pm (4) 6:30pm-8:30pm (2)	7:00am-9:30am (4) 9:35am-3:30pm (2)	8:00am-9:00am (4) 10:00am-12:30pm (2)
OPEN SWIM	9:20am-10:25am (2) <b>Open Swim</b> 2:00pm-4:30pm (2) <b>Teen Swim</b> 6:30pm-8:30pm (2) <b>Family Swim</b>	9:30am-10:30am (2) <b>Open Swim</b> 2:00pm-4:30pm (2) <b>Teen Swim</b> 7:50pm-8:30pm (2) <b>Family Swim</b>	2:00pm-4:30pm (2) <b>Teen Swim</b> 6:30pm-8:30pm (2) <b>Family Swim</b>	9:30am-1:00pm (2) <b>Open Swim</b> 3:00pm-4:30pm (2) <b>Teen Swim</b> 7:50pm-8:30pm (2) <b>Family Swim</b>	9:20am-10:25am (4) <b>Open Swim</b> 3:00pm-4:30pm (2) <b>Teen Swim</b> 6:30pm-8:30pm (2) <b>Family Swim</b>	9:30am - 12:30pm (2) <b>Family Swim</b> 12:30pm-3:30pm (2) <b>Open Swim</b>	10:00am - 11:30am (2) <b>Family Swim</b> 11:30am-12:30pm (2) <b>Open Swim</b>
GROUP EXERCISE	8:30am-9:15am <b>Water Aerobics</b>  10:30am-11:15am <b>Silver Sneakers Splash</b>	6:45pm-7:45pm <b>Water Aerobics</b>	8:30am-9:15am <b>Water Aerobics</b>  10:30am-11:15am <b>Silver Sneakers Splash</b>	6:45pm-7:45pm <b>Water Aerobics</b>	8:30am-9:15am <b>Water Aerobics</b>  10:30am-11:15am <b>Silver Sneakers Splash</b>		
LESSONS		10:30am-11:30am <b>E.L.C Swim Lessons</b>	9:30am-10:30am <b>E.L.C Swim Lessons</b>				
OTHER	11:20am-12:20pm <b>Adult Competitive</b>  1:00pm - 2:00pm <b>S.A.C.C Swim</b>	1:00pm - 2:00pm <b>S.A.C.C Swim</b>	11:20am-12:20pm <b>Adult Competitive</b>  1:00pm-2:00pm <b>S.A.C.C Swim</b>	1:00pm-2:00pm <b>S.A.C.C Swim</b>  2:00pm-3:00pm <b>Trip Camp Swim</b>	11:20am-12:20pm <b>Adult Competitive</b> 1:00pm-2:00pm <b>S.A.C.C Swim</b> 2:00pm-3:00pm <b>Trip Camp Swim</b>		9:00am - 10:00am <b>Special Olympics Swim Team</b>

Schedule Begins **2-23-26** and is subject to change. Copies of this schedule can be found on our website, at our welcome center and at our pool.  
**Additional information and changes to the regular schedule on back**

## **Class descriptions:**

### **Water Aerobics**

A mix of cardio and light weight training practices led by an experienced instructor. All equipment required for the class is provided by the YMCA.

### **Silver Sneakers Splash**

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.

### **Lap Swim**

13 yrs – Adult must lap swim

( ) denotes # of lanes available if pool is shared space

### **Types of Open Swim:**

#### **Open Swim**

Open to all members.

#### **Family swim**

Open swim for groups coming in as a family. No unaccompanied teens will be permitted to a family swim time.

#### **Teen swim**

Swimming times are dedicated to members aged 12 to 17.

#### **Swim Testing**

Mandatory for all open swim participants under the age of 18. Designates safe areas of pool usage for all skill levels

#### **Changes to schedule**

\*Lap swim on Sundays will end at 9am instead of 10am on the following dates:

#### **Days we are closed**