



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA OF DOWNTOWN MANCHESTER

11-3-25 to 12-22-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
LAP	4:45am-8:25am (4) 9:20am-10:25am (2) 12:25pm-2:00pm (4) 2:00pm-3:45pm (2) 5:20pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-10:30am (2) 11:35am-2:00pm (4) 2:00pm-3:45pm (2) 5:45pm-6:50pm (2) 6:50pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-1:25pm (4) 1:30pm-3:45pm (2) 5:20pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-10:30am (2) 11:35am-2:00pm (4) 2:00pm-3:45pm (2) 5:00pm-6:50pm (2) 6:50pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-2:00pm (4) 2:00pm-3:45pm (2) 5:00pm-8:30pm (2)	7:00am-8:55am (4) 9:35am-3:30pm (2)	8:00am-9:30am (4) 9:30am-12:30pm (2)
OPEN	9:20am-10:25am (2) Open Swim 2:00pm-3:45pm (2) Teen Swim 7:00pm-8:30pm (2) Family Swim	9:30am-10:30am (2) Open Swim 2:00pm-3:45pm (2) Teen Swim 7:50pm-8:30pm (2) Family Swim	9:20am-10:25am (4) Open Swim 2:20pm-3:45pm (2) Teen Swim 7:00pm-8:30pm (2) Family Swim	9:30am-10:30am (2) Open Swim 2:00pm-3:45pm (2) Teen Swim 7:50pm-8:30pm (2) Family Swim	9:20am-10:25am (4) Open Swim 2:00pm-3:45pm (2) Teen Swim 6:45pm-8:30pm (2) Family Swim	12:00pm-1:30pm (2) Family Swim 1:30pm-3:30pm (2) Open Swim	9:30am-11:15am (2) Family Swim 11:15am-12:30pm (2) Open Swim
EXERCISE	8:30am-9:15am Water Aerobics 10:30am-11:15am Silver Sneakers Splash	6:45pm-7:45pm Water Aerobics	8:30am-9:15am Water Aerobics 10:30am-11:15am Silver Sneakers Splash	6:45pm-7:45pm Water Aerobics	8:30am-9:15am Water Aerobics 10:30am-11:15am Silver Sneakers Splash		
LESSONS	5:20pm - 7:00pm Swim Lessons	10:30am-11:30am E.L.C Swim Lessons 5:00pm - 6:35pm Swim lessons	5:20pm - 7:00pm Swim Lessons	10:30am-11:30am E.L.C Swim Lessons 5:00pm-6:35pm Swim lessons	5:00pm-6:40pm Swim Lessons	9:00am-11:50am Swim lessons	
OTHER	11:20am-12:20pm Adult Competitive 3:45pm-5:15pm Derryfield Swim Team	5:00pm - 5:45pm S.A.C.C Swim 3:45pm-5:00pm Manchester HS Swim Team	11:20am-12:20pm Adult Competitive 1:30pm-2:15pm S.A.C.C Swim 3:45pm-5:15pm Derryfield Swim Team	3:45pm-5:00pm Manchester HS Swim Team	11:20am-12:20pm Adult Competitive 3:45pm-5:00pm Manchester HS Swim Team		

Schedule Begins **11-3-25** 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

Tuesday, November 4th – 12:25 pm lap swim will end at 1pm instead of 2pm

Friday, November 7th - 12:25 pm lap swim will end at 1pm instead of 2pm

Wednesday, November 26th - 12:25 pm lap swim will end at 1pm instead of 2pm

Days we are closed

Tuesday, November 11th

Thursday, November 27th