



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA OF DOWNTOWN MANCHESTER

12-22-25 to 12-28-25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
J A	4:45am-8:25am (4) 9:20am-10:25am (2) 12:25pm-2:00pm (4) 2:00pm-4:00pm (2) 4:00pm-6:00pm (4) 6:00pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-10:30am (2) 11:35am-1:00pm (4) 2:00pm-3:45pm (2) 5:00pm-6:50pm (4) 6:50pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-1:00pm (4)		4:45am-8:25am (4) 12:25pm-1:00pm (4) 2:00pm-4:00pm (2) 4:00pm-6:00pm (4) 6:00pm-8:30pm (2)	7:00am-8:55am (4) 9:00am-3:30pm (2)	8:00am-9:30am (4) 9:30am-12:30pm (2)
O P	9:20am-10:25am (2) Open Swim 2:00pm-4:00pm (2) Teen Swim 6:00pm-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		9:20am-10:25am (4) Open Swim 2:00pm-4:00pm (2) Teen Swim 6:00pm-8:30pm (2) Family Swim	9:00am-12:15pm (2) Family Swim 12:15pm-3:30pm (2) Open Swim	9:30am-11:15pm (2) Family Swim 11:15am-12:30pm (2) Open Swim
W X E	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		8:30am-9:15am Water Aerobics 10:30am-11:15am Silver Sneakers Splash		
J E S		10:30am-11:30am E.L.C Swim Lessons					
O P H	11:20am-12:20pm Adult Competitive	1:00pm – 2:00pm S.A.C.C Swim 3:45pm-5:00pm Manchester HS Swim Team	11:20am-12:20pm Adult Competitive		1:00pm – 2:00pm S.A.C.C Swim 11:20am-12:20pm Adult Competitive		

Schedule Begins **12-22-25** 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

Days we are closed

Thursday, 12-25-25