



POOL SCHEDULE

YMCA of the Seacoast Pool Schedule

April 20-26, 2026

SCHEDULE SUBJECT TO CHANGE

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>
Lap Swim	5:30 AM to 8:00 AM 5	5:30 AM to 8:55 AM 5	5:30 AM to 8:00 AM 5	5:30 AM to 8:55 AM 5	5:30 AM to 8:00 AM 5	8:00 AM to 8:25 AM 5	8:00 AM to 8:30 AM 5
	8:00 AM to 8:55 AM 3	8:55 AM to 10:55 AM 2	8:00 AM to 8:55 AM 3	8:55 AM to 10:55 AM 2	8:00 AM to 8:55 AM 3	8:25 AM to 8:55 AM 4	8:30 AM to 3:45 PM 4
	8:55 AM to 10:55 AM 2	10:55 PM to 11:25 AM 3	8:55 AM to 10:55 AM 2	10:55 PM to 3:25 PM 4	8:55 AM to 10:55 AM 2	8:55 AM to 9:30 AM 3	
	10:55 AM to 12:00 PM 3	11:25 AM to 3:55 PM 4	10:55 AM to 3:55 PM 4	3:25 PM to 3:55 PM 3	10:55 AM to 3:00 PM 4	9:30 AM to 10:45 AM 2	
	12:00 PM to 3:25 PM 4	3:55 PM to 5:40 PM 2	3:55 PM to 4:30 PM 3	3:55 PM to 6:30 PM 2	3:00PM to 3:30 PM 2	10:45 AM to 12:15 PM 3	
	3:25 PM to 5:05 PM 2	5:40 PM to 6:15 PM 3	4:30 PM to 5:00 PM 2	6:30 PM to 7:00 PM 4	3:30 PM to 4:30 PM 3	12:15 PM to 3:45 PM 4	
	5:05 PM to 5:55 PM 1	6:15 PM to 7:00 PM 4	5:00 PM to 6:45 PM 3	7:00 PM to 7:45 PM 3	4:30 PM to 5:30 PM 4		
	5:55 PM to 7:00 PM 3	7:00 PM to 7:45 PM 3	6:45 PM to 7:45 PM 4		5:30 PM to 7:45 PM 2		
7:00 PM to 7:45 PM 4							
Adult Open	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>
	5:30 AM to 8:00 AM 1	5:30 AM to 8:55 AM 1	5:30 AM to 8:00 AM 1	5:30 AM to 8:55 AM 1	5:30 AM to 8:55 AM 1	8:00 AM to 8:25 AM 1	
Open Swim	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>	<u>Lanes</u>
	10:55 AM to 5:55 PM 2	12:30 PM to 6:00 PM 2	10:55 AM to 5:55 PM 2	10:55 AM to 6:00 PM 2	10:55 AM to 7:45 PM 2	11:30 AM to 3:45 PM 2	8:00 AM to 10:10 AM 1
	6:50 PM to 7:45 PM 2		6:50 PM to 7:45 PM 2				12:00 PM to 3:45 PM 2
Water Exercise	8:00 AM to 9:00 AM 2 Laughing Lobsters	9:00 AM to 9:45 AM 4 Cardio Abs - Deep Water - Judy	8:00 AM to 9:00 AM 2 Laughing Lobsters	9:00 AM to 9:45 AM 4 Aqua Basics - Michelle	8:00 AM to 9:00 AM 2 Laughing Lobsters	Upcoming Information NO Swim Lessons April 27-May 3	
	9:00 AM to 9:45 AM 4 Splash Blast - Meg	10:00 AM to 10:45 AM 4 Splash Blast - Varies	9:00 AM to 9:45 AM 4 Water Exercise- Meg	10:00 AM to 10:45 AM 4 Cardio Splash - Michelle	9:00 AM to 9:45 AM 4 Aqua Interval Challenge - Judy		
	10:00 AM to 10:45 AM 4 Pool Power - Meg		10:00 AM to 10:45 AM 4 Water Exercise- Meg		10:00 AM to 10:45 AM 4 Splash Blast - Meg		
	6:00 PM to 6:45 PM 3 Water Exercise - Diane		6:00 PM to 6:45 PM 3 Aqua Basics- Varies				
POOL CLOSURES / SCHEDULE MODIFICATIONS Scuba Tuesday & Thursday, April 21 & 23, 2026 from 6:00PM-7:45PM Kids Night Out Friday, April 24, 2026 from 5:30PM-6:30PM Rye Fire & Rescue Friday, April 24, 2026 from 6:30PM-7:30PM							

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

Portable Chair Lift: Always available for pool access needs.

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Updated: 1/2/2026

Water Exercise Classes

Splash Blast

This shallow water class is designed to improve cardio fitness, muscular endurance and flexibility. Determine your own intensity through marching, jogging, kicking and jumping your way through the water.

Pool Power

This is a fun water fitness class that tones and targets the entire body with alternating periods of intense exercise followed by recovery periods. Elevate your heart rate with fun music, movement and rhythm.

Cardio Abs - Deep Water

Go back to the 'core' and learn the latest innovations in the deep! Combines deep water cardio moves and abdominal techniques.

Aqua Basics

Back to the basics, but with fun and finesse. Aquatic training that everyone enjoys. An excellent introduction to aqua fitness training.

Cardio Splash

Exercise that creates a splash and keeps you moving through challenging combos and high intensity intervals. Designed for the shallow end of the pool.

Aqua Interval Challenge

Aerobic activities mixed with high energy anaerobic training. Easy to follow- challenge your workout and improve overall fitness.

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

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 by a parent or guardian. Inflatable floatation devices are not permitted.

Laughing Lobsters

A fun and social open activity of volley ball in the shallow end. A variety of beach balls are used. Laughing and having fun while getting in a workout.