

YMCA of the Seacoast - Lap Pool Schedule - May 11-17, 2026

Lanes	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday					
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6
530	Adult Open Swim 5:35-8:00 (1)						Adult Open Swim 5:35-8:55 (1)						Adult Open Swim 5:35-8:00 (1)						Adult Open Swim 5:35-8:55 (1)						Adult Open Swim 5:35-8:55 (1)																	
545	5:30-7:55 Lanes (2-6)						5:30-8:55 Lanes (2-6)						5:30-7:55 Lanes (2-6)						5:30-8:55 Lanes (2-6)						5:30-7:55 Lanes (2-6)																	
560	Laughing Lobsters 8:00-9:00 Lanes (1-3)						Laughing Lobsters 8:00-9:00 Lanes (1-3)						Laughing Lobsters 8:00-9:00 Lanes (1-3)						Laughing Lobsters 8:00-9:00 Lanes (1-3)						Laughing Lobsters 8:00-9:00 Lanes (1-3)																	
575	7:55-8:55 Lanes (4-6)						7:55-8:55 Lanes (4-6)						7:55-8:55 Lanes (4-6)						7:55-8:55 Lanes (4-6)						7:55-8:55 Lanes (4-6)																	
590	Water Ex. 9:00-9:45 Lanes (1-4)						Water Ex. Deep 9:00-9:45 Lanes (1-4)						Water Ex. 9:00-9:45 Lanes (1-4)						Water Ex. 9:00-9:45 Lanes (1-4)						Water Ex. Deep 9:00-9:45 Lanes (1-4)																	
605	8:55-10:55 Lanes (5-6)						8:55-10:55 Lanes (5-6)						8:55-10:55 Lanes (5-6)						8:55-10:55 Lanes (5-6)						8:55-10:55 Lanes (5-6)																	
620	Water Ex. 10:00-10:45 Lanes (1-4)						Water Ex. 10:00-10:45 Lanes (1-4)						Water Ex. 10:00-10:45 Lanes (1-4)						Water Ex. 10:00-10:45 Lanes (1-4)						Water Ex. 10:00-10:45 Lanes (1-4)																	
635	10:55-3:20 Lanes (3-6)						10:55-11:25 Lanes (1-3)						10:55-11:35 Lanes (3-5)						10:55-3:25 Lanes (3-6)						10:55-3:25 Lanes (3-6)																	
650	Open swim 10:55-5:55 Lanes (1-2)						11:25-12:30 Lanes (1-2)						11:35-3:25 Lanes (3-6)						10:55-3:25 Lanes (3-6)						10:55-3:25 Lanes (3-6)																	
665	Open swim 10:55-5:55 Lanes (1-2)						Open swim 12:30-6:00 Lanes (1-2)						Open Swim 10:55-5:55 Lanes (1-2)						Open Swim 10:55-6:00 Lanes (1-2)						Open Swim 10:55-6:00 Lanes (1-2)																	
680	3:20-5:00 Lanes (3-4)						Swim Lessons 3:25-6:00 Lanes (5-6)						3:25-5:05 Lanes (3-5)						3:25-6:05 Lanes (3-4)						3:25-5:05 Lanes (3-5)																	
695	5:05-6:00 Lane (4)						3:55-5:45 Lanes (3-4)						5:05-5:55 Lanes (3-5)						6:05-6:35 Lanes (3-5)						6:05-6:35 Lanes (3-5)																	
710	5:05-5:55 Lane (3)						4:00-6:15 Lane (6)						5:05-5:55 Lanes (3-5)						6:35-7:00 Lanes (3-6)						6:35-7:00 Lanes (3-6)																	
725	Water Ex. 6:00-6:45 Lanes (1-3)						5:45-6:20 Lanes (3-5)						Water Ex. 6:00-6:45 Lanes (1-3)						6:05-6:35 Lanes (3-5)						6:05-6:35 Lanes (3-5)																	
740	5:55-6:50 Lanes (4-6)						6:20-7:00 Lanes (3-6)						6:45-7:45 Lanes (3-5)						7:00-7:45 Lanes (4-6)						7:00-7:45 Lanes (4-6)																	
755	6:50-7:45 Lanes (3-6)						Scuba 7:00-7:45 Lanes (1-3)						6:45-7:45 Lanes (3-5)						7:00-7:45 Lanes (4-6)						7:00-7:45 Lanes (4-6)																	
770	Open Swim 6:45-7:45 Lanes (1-2)						Scuba 7:00-7:45 Lanes (1-3)						Scouts 6:45-7:45 (6)						Scuba 7:00-7:45 Lanes (1-3)						Scuba 7:00-7:45 Lanes (1-3)																	
785	Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm																	
800	Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm																	
815	Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm																	
830	Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm																	
845	Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm						Pools Close at 7:45pm																	

Adult Open Swim	Water Exercise	Water Exercise and Laughing Lobsters Lane Capacities: - 2 Lanes, 1-7 People - 3 Lanes, 8-17 People - 4 Lanes, 18-30 People
Open Swim	Rental	
Lap Swim	Swim Lessons	