



POOL SCHEDULE

YMCA of the Seacoast Pool Schedule

July 6-12, 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 7:55 AM	5:30 AM to 8:55 AM	5:30 AM to 7:55 AM	5:30 AM to 8:55 AM	5:30 AM to 8:55 AM	8:00 AM to 9:00 AM	8:00 AM to 10:00 AM
	7:55 AM to 8:55 AM	8:55 AM to 10:55 AM	7:55 AM to 8:55 AM	8:55 AM to 10:55 AM	8:55 AM to 10:55 AM	9:00 AM to 12:30 PM	10:00 AM to 3:45 PM
	8:55 AM to 10:55 AM	10:55 AM to 4:00 PM	8:55 AM to 10:55 AM	10:55 AM to 4:00 PM	10:55 AM to 12:00 PM	12:30 PM to 3:45 PM	
	10:55 AM to 5:55 PM	4:00 PM to 6:00 PM	10:55 AM to 3:35 PM	4:00 PM to 6:00 PM	12:00 PM to 1:00 PM		
	5:55 PM to 6:50 PM	6:00 PM to 7:00 PM	3:35 PM to 5:10 PM	6:00 PM to 7:00 PM	1:00 PM to 7:45 PM		
	6:50 PM to 7:45 PM	7:00 PM to 7:45 PM	5:10 PM to 5:55 PM	7:00 PM to 7:45 PM			
			5:55 PM to 6:50 PM				
			6:50 PM to 7:45 PM				
Adult Open	5:30 AM to 7:55 AM	5:30 AM to 8:55 AM	5:30 AM to 7:55 AM	5:30 AM to 8:55 AM	5:30 AM to 7:55 AM	8:00 AM to 9:00 AM	
Open Swim	10:55 AM to 5:55 PM	10:55 AM to 6:00 PM	10:55 AM to 5:10 PM	10:55 AM to 6:00 PM	10:55 AM to 7:45 PM	11:15 AM to 3:45 PM	8:00 AM to 10:00 AM
	6:50 PM to 7:45 PM		6:50 PM to 7:45 PM				10:00 AM to 3:45 PM
Water Exercise	8:00 AM to 9:00 AM	9:00 AM to 9:45 AM	8:00 AM to 9:00 AM	9:00 AM to 9:45 AM	8:00 AM to 9:00 AM		
	Laughing Lobsters	Cardio Abs - Deep Water - Judy	Laughing Lobsters	Aqua Basics - Michelle	Laughing Lobsters		
	9:00 AM to 9:45 AM	10:00 AM to 10:45 AM	9:00 AM to 9:45 AM	10:00 AM to 10:45 AM	9:00 AM to 9:45 AM		
	Splash Blast - Meg	Splash Blast - Varies	Water Exercise- Meg	Cardio Splash - Michelle	Aqua Interval Challenge - Judy		
	10:00 AM to 10:45 AM		10:00 AM to 10:45 AM		10:00 AM to 10:45 AM		
Pool Power - Meg		Water Exercise- Meg		Splash Blast - Meg			
6:00 PM to 6:45 PM		6:00 PM to 6:45 PM					
Water Exercise - Diane		Aqua Basics- Varies					

Outdoor Pool Schedule

Monday 12:00-7:00pm
 Tuesday 12:00-6:00pm
 Wednesday 12:00-7:00pm
 Thursday 12:00-6:00pm
 Friday 11:00-7:00pm
 Saturday & Sunday 11:30-3:30pm

*Subject to Change due to weather and staffing

POOL CLOSURES / SCHEDULE MODIFICATIONS
 Scuba Rental July 7 & 9, 2026, Lanes 1-2, 6:00PM-7:00PM, Lanes 1-3, 7:00PM-7:45PM
 Lane 6 May be used for private swim lessons during the week.

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.

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.

Facility Hours:

Monday - 5:30AM-8:00PM

Tuesday - 5:30AM-8:00PM

Wednesday - 5:30AM-8:00PM

Thursday - 5:30AM-8:00PM

Friday - 5:30AM-8:00PM

Saturday - 8:00AM-4:00PM

Sunday - 8:00AM-4:00PM

****Pool closes 15 minutes before facility****