POOL SCHEDULE

YMCA of the Seacoast Pool Schedule

September 28 - October 4, 2026

SCHEDULE SUBJECT TO CHANGE

Lap Swim

Mondays	Lanes	Tuesdays	Lanes	Wednesdays	Lanes	Thursdays	Lanes	Fridays	Lanes	Saturdays	Lanes	Sundays	Lanes
5:30 AM to 7:55 AM	5	5:30 AM to 8:55 AM	5	5:30 AM to 7:55 AM	5	5:30 AM to 8:55 AM	5	5:30 AM to 7:55 AM	5	8:00 AM to 9:00 AM	5	8:00 AM to 10:00 AM	5
7:55 AM to 8:55 AM	3	8:55 AM to 10:55 AM	2	7:55 AM to 8:55 AM	3	8:55 AM to 10:55 AM	2	7:55 AM to 8:55 AM	3	9:00 AM to 12:30 PM	2	10:00 AM to 12:30 PM	4
8:55 AM to 10:55 AM	2	10:55 AM to 1:00 PM	3	8:55 AM to 10:55 AM	2	10:55 AM to 3:30 PM	4	8:55 AM to 10:55 AM	2	12:30 PM to 3:45 PM	2	12:30 PM to 3:45 PM	2
10:55 AM to 4:00 PM	4	1:00 PM to 4:00 PM	4	10:55 AM to 3:00 PM	4	3:30 PM to 4:40 PM	3	10:55 AM to 12:00 PM	4				
4:00 PM to 6:00 PM	2	4:00 PM to 5:05 PM	2	3:00 PM to 3:30 PM	3	4:40 PM to 6:00 PM	2	12:00 PM to 1:00 PM	3				
6:00 PM to 6:50 PM	3	5:05 PM to 6:00 PM	3	3:30 PM to 5:00 PM	2	6:00 PM to 7:45 PM	4	1:00 PM to 3:00 PM	4				
6:50 PM to 7:45 PM	4	6:00 PM to 7:45 PM	4	5:00 PM to 6:50 PM	3			3:00 PM to 6:30 PM	3				
				6:50 PM to 7:45 PM	4			5:30 PM to 6:30 PM	2				
								6:30 PM to 7:45 PM	4				

Adult Open

Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
5:30 AM to 7:55 AM 1	5:30 AM to 8:55 AM 1	5:30 AM to 7:55 AM 1	5:30 AM to 8:55 AM 1	5:30 AM to 7:55 AM 1	8:00 AM to 9:00 AM 1	8:00 AM to 10:00 AM 1

Open Swim

Lanes	Lanes	Lanes	Lanes	Lanes	Lanes	Lanes
10:55 AM to 6:00 PM 2	10:55 AM to 5:10 PM 2	10:55 AM to 6:00 PM 2	11:30 PM to 3:30 PM 2	10:55 AM to 7:45 PM 2	11:30 AM to 3:45 PM 2	10:00 AM to 3:45 PM 2
6:50 PM to 7:45 PM 2	6:00 PM to 7:45 PM 2	6:50 PM to 7:45 PM 2	5:10 PM to 7:45 PM 2			

Water Exercise

8:00 AM to 9:00 AM 3 **Laughing Lobsters**	9:00 AM to 9:45 AM 4 **Cardio Abs - Deep Water - Judy**	8:00 AM to 9:00 AM 3 **Laughing Lobsters**	9:00 AM to 9:45 AM 4 **Aqua Basics - Michelle**	8:00 AM to 9:00 AM 3 **Laughing Lobsters**
9:00 AM to 9:45 AM 4 **Splash Blast - Cindy**	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 - Cindy**		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 Zumba - Courtney**		

Upcoming Information

Harvest Hoedown October 17, 2026
11:00AM-1:00PM
At Camp Gundalow
Ask Front Desk for more information

POOL CLOSURES / SCHEDULE MODIFICATIONS

Lane 6 May be used for private swim lessons during the week.
Scuba Saturday and Sunday, 12:30PM-3:45PM

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.

YMCA of the Seacoast| Brad Basto- Aquatics Director bbasto@graniteymca.org Kai Parlett- Aquatics Coordinator kparlett@graniteymca.org
550 Peverly Hill Rd. | Portsmouth, NH 03801|

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.

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