



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA of the Seacoast Pool Schedule

Fall 2 Week 5 December 2-8, 2024

	Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays	Sundays
Lap Swim	5:30 AM to 8:00 AM 5 Lanes	5:30 AM to 8:55 AM 5 Lanes	5:30 AM to 8:00 AM 5 Lanes	5:30 AM to 8:55 AM 5 Lanes	5:30 AM to 8:55 AM 5 Lanes	8:00 AM to 8:55 AM 5 Lanes	8:00 AM to 12:00 PM 4 Lanes
	8:00 AM to 8:55 AM 4 Lanes	8:55 AM to 10:55 AM 2 Lanes	8:00 AM to 9:55 AM 4 Lanes	8:55 AM to 10:55 AM 2 Lanes	8:55 AM to 10:55 AM 2 Lanes	8:55 AM to 12:00 PM 3 Lanes	12:00 PM to 3:00 PM 2 Lanes
	8:55 AM to 10:55 AM 2 Lanes	10:55 AM to 3:55 PM 4 Lanes	9:55 AM to 10:55 AM 2 Lanes	10:55 PM to 3:55 PM 4 Lanes	10:55 AM to 7:45 PM 4 Lanes	12:00 PM to 3:45 PM 2 Lanes	3:00 PM to 3:45 PM 4 Lanes
	10:55 AM to 3:55 PM 4 Lanes	3:55 PM to 4:30 PM 3 Lanes	10:55 AM to 3:55 PM 4 Lanes	3:55 PM to 6:20 PM 2 Lanes		3:00 PM to 3:45 PM 4 Lanes	
	3:55 PM to 4:30 PM 3 Lanes	4:30 PM to 5:45 PM 2 Lanes	3:55 PM to 6:50 PM 3 Lanes	6:20 PM to 7:45 PM 4 Lanes			
	4:30 PM to 6:50 PM 2 Lanes	5:45 PM to 6:20 PM 3 Lanes	6:50 PM to 7:45 PM 4 Lanes				
	6:50 PM to 7:45 PM 4 Lanes	6:20 PM to 7:45 PM 4 Lanes					
Adult Open	5:30 AM to 8:00 AM 1 Lane	5:30 AM to 8:55 AM 1 Lane	5:30 AM to 8:00 AM 1 Lane	5:30 AM to 8:55 AM 1 Lane	5:30 AM to 8:55 AM 1 Lane	8:00 AM to 8:55 AM 1 Lane	
Open Swim	11:00 AM to 5:55 PM 2 Lanes	12:00 PM to 1:00 PM 2 Lanes	9:00 AM to 9:55 AM 2 Lanes	10:50 AM to 1:00 PM 2 Lanes	11:00 AM to 7:45 PM 2 Lanes	11:20 AM to 3:45 PM 2 Lanes	8:00 AM to 3:45 PM 2 Lanes
	6:50 PM to 7:45 PM 2 Lanes	3:00 PM to 7:45 PM 2 Lanes	11:00 AM to 5:55 PM 2 Lanes	3:00 PM to 7:45 PM 2 Lanes			
			6:50 PM to 7:45 PM 2 Lanes				
Water Exercise	8:00 AM to 9:00 AM 2 Lanes Laughing Lobsters	9:00 AM to 9:45 AM 4 Lanes Deep Water- Judy	8:00 AM to 9:00 AM 2 Lanes Laughing Lobsters	9:00 AM to 9:45 AM 4 Lanes Water Exercise-Cindy	9:00 AM to 9:45 AM 4 Lanes Deep Water- Judy		
	9:00 AM to 9:45 AM 4 Lanes Water Exercise- Cindy	10:00 AM to 10:45 AM 4 Lanes Water Exercise- Cindy	10:00 AM to 10:45 AM 4 Lanes Water Exercise- Cindy	10:00 AM to 10:45 AM 4 Lanes HIIT-Cindy	10:00 AM to 10:45 AM 4 Lanes Water Exercise-Cindy		
	10:00 AM to 10:45 AM 4 Lanes HIIT- Cindy		6:00 PM to 6:45 PM 3 Lanes Water Exercise- Joyce				
	6:00 PM to 6:45 PM 3 Lanes Water Exercise- Diane						

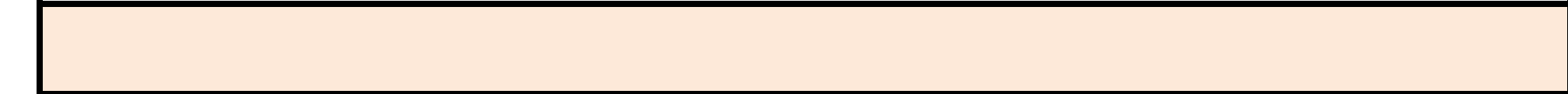
Upcoming Information

Registration for Winter Swim Lessons begins Monday December 9th for members and December 23rd for Community members.

The Winter Session will begin Monday January 6th

POOL CLOSURES / SCHEDULE MODIFICATIONS

Scuba: Saturday December 7 12:00-3:00pm, Sunday December 8th 12:00-3:00pm, Tuesday December 10th 6:00-8:00pm (Lap Swim will be reduced by 2 lanes during these rentals.)



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 | Autumn Rees - Aquatics Director arees@graniteymca.org

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Updated: 11/17/24 AL

Water Exercise Classes

Deep Water Fitness

Deep water workout provides freedom to move with no impact. This will help improve core stability, balance, and flexibility. You will enjoy the feeling of weightless exercise.

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.

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.

