



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

YMCA of the Seacoast Pool Schedule

Fall 1 Week 1 September 23-29, 2024

	<u>Mondays</u>	<u>Tuesdays</u>	<u>Wednesdays</u>	<u>Thursdays</u>	<u>Fridays</u>	<u>Saturdays</u>	<u>Sundays</u>
Lap Swim	5:35 AM to 8:00 AM 5 Lanes	5:35 AM to 8:55 AM 5 Lanes	5:35 AM to 8:00 AM 5 Lanes	5:35 AM to 8:55 AM 5 Lanes	5:35 AM to 8:55 AM 5 Lanes	8:00 AM to 8:55 AM 4 Lanes	8:00 AM to 8:55 AM 4 Lanes
	8:00 AM to 8:55 AM 3 Lanes	8:55 AM to 10:55 AM 2 Lanes	8:00 AM to 9:55 AM 3 Lanes	8:55 AM to 10:55 AM 2 Lanes	8:55 AM to 10:55 AM 2 Lanes	8:55 AM to 11:35 AM 3 Lanes	8:55 AM to 12:05 PM 3 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 AM to 3:55 PM 4 Lanes	10:55 AM to 2:00 PM 4 Lanes	11:35 AM to 2:00 PM 2 Lanes	12:05 PM to 3:45 PM 4 Lanes
	10:55 AM to 3:55 PM 4 Lanes	3:55 PM to 5:00 PM 3 Lanes	10:55 AM to 12:30 PM 4 Lanes	3:55 PM to 4:30 PM 3 Lanes	2:00 PM to 3:00 PM 2 Lanes	2:00 PM to 3:45 PM 4 Lanes	
	3:55 PM to 6:50 PM 3 Lanes	5:00 PM to 5:45 PM 2 Lanes	3:55 PM to 6:50 PM 3 Lanes	4:30 PM to 6:20 PM 2 Lanes	3:00 PM to 7:45 PM 4 Lanes		
	6:50 PM to 7:45 PM 4 Lanes	5:45 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			
			Pool Closed 12:30-3:30				
Adult Open	5:35 AM to 8:00 AM 1 Lanes	5:30 AM to 8:55 AM 1 Lanes	5:35 AM to 8:00 AM 1 Lanes	5:35 AM to 8:55 AM 1 Lanes	5:35 AM to 8:55 AM 1 Lanes	8:00 AM to 8:55 AM 1 Lanes	
		1:00 PM to 3:00 PM 2 Lanes		1:00 PM to 3:00 PM 2 Lanes			
Open Swim	11:00 AM to 3:55 PM 2 Lanes	12:00 PM to 1:00 PM 2 Lanes	11:00 AM to 12:30 PM 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
	3:55 PM to 5:55 PM 1 Lanes	3:00 PM to 5:55 PM 2 Lanes	3:55 PM to 5:55 PM 1 Lanes	3:00 PM to 5:55 PM 2 Lanes			
	6:50 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						

Special Events

Fall Open House October 2nd 4:00-6:00pm

Spooky Walk October 12th 3:00-7:00pm @ Camp Gundalow

POOL CLOSURES / SCHEDULE MODIFICATIONS

Scuba Rentals: Tuesday 9/24 and Thursday 9/26 6:00-7:45pm (2 lanes). Saturday 9/28 12:00-2:00pm (2 lanes)
Other Rentals: POOL CLOSED: Wednesday 9/25 12:30-3:30pm. Friday 9/27 2:00-3:00pm (2 lanes)

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: 9/20/24 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.