



# POOL SCHEDULE

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

YMCA OF DOWNTOWN MANCHESTER  
4-22-24 to 4-28-24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim</b>	4:45am-8:25am (4) 9:20am-10:25am (2) 12:25pm-1:00pm (4) 2:00pm-4:00pm (2) 4:00pm-6:30pm (4) 6:30pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-10:30am (2) 11:35am-1:00pm (4) 2:00pm-4:00pm (2) 4:00pm-6:45pm (4) 6:50pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-1:00pm (4) 3:00pm-4:00pm (2) 4:00pm-6:00pm (2) 6:00pm-8:30pm (2)	4:45am-9:30am (4) 9:30am-10:30am (2) 11:35am-1:00pm (4) 2:00pm-4:00pm (2) 4:00pm-6:45pm (4) 6:50pm-7:45pm (1) 7:50pm-8:30pm (2)	4:45am-8:25am (4) 12:25pm-1:00pm (4) 2:00pm-4:00pm (2) 4:00pm-6:00pm (4) 6:00pm-8:30pm (2)	7:00am-10:30am (4) 10:30-3:30pm (2)	8:00am-10:00am (4) 11:15am-12:30pm (2)
<b>Open Swim</b>	9:20am-10:25am (2) <b>Open Swim</b> 2:00pm-4:00pm (2) <b>Teen Swim</b> 6:30pm-8:30pm (2) <b>Family Swim</b>	9:30am-10:30am (2) <b>Open Swim</b> 2:00pm-4:00pm (2) <b>Teen Swim</b> 7:50pm-8:30pm (2) <b>Family Swim</b>	9:20am-10:25am (4) <b>Open Swim</b> 3:00pm-4:00pm (2) <b>Teen Swim</b> 6:00pm-8:30pm (2) <b>Family Swim</b>	9:30am-10:30am (2) <b>Open Swim</b> 2:00pm-4:00pm (2) <b>Teen Swim</b> 7:50pm-8:30pm (2) <b>Family Swim</b>	9:20am-10:25am (4) <b>Open Swim</b> 2:00pm-4:00pm (2) <b>Teen Swim</b> 6:00pm-8:30pm (2) <b>Family Swim</b>	10:30am-1:00pm (2) <b>Family Swim</b> 1:00pm-3:30pm (2) <b>Open Swim</b>	10:00-11:45pm (2) <b>Family Swim</b> 11:45am-12:30pm (2) <b>Open Swim</b>
<b>Aquatic Exercise</b>	8:30am-9:15am <b>Water Aerobics</b>  10:30am-11:15am <b>Silver Sneakers Splash</b>	6:45pm-7:45pm <b>Water Aerobics</b>	8:30am-9:15am <b>Water Aerobics</b>  10:30am-11:15am <b>Silver Sneakers Splash</b>	6:45pm-7:45pm <b>Water Aerobics</b>	8:30am-9:15am <b>Water Aerobics</b>  10:30am-11:15am <b>Silver Sneakers Splash</b>		
<b>Swim Lessons</b>		10:30am-11:30am <b>E.L.C Swim Lessons</b>	4:00pm-5:55pm <b>Swim lessons</b>	10:30am-11:30am <b>E.L.C Swim Lessons</b>			
<b>Specialty Programs</b>	11:20am-12:20pm <b>Adult Competitive</b> 1:00pm-2:00pm <b>Vacation camp swim</b>	1:00pm-2:00pm <b>Vacation camp swim</b>	11:20am-12:20pm <b>Adult Competitive</b>  1:00pm-2:00pm <b>Vacation camp swim</b>  2:00pm-3:00pm <b>Trip camp swim</b>	1:00pm-2:00pm <b>Vacation camp swim</b>	11:20am-12:20pm <b>Adult Competitive</b>  1:00pm-2:00pm <b>Vacation camp swim</b>		

Schedule Begins 4-22-24 and is subject to change. Copies of this schedule can be found on our website, at our welcome center and at our pool.  
YMCA OF DOWNTOWN MANCHESTER | Ronny Rose, Aquatics Director | 30 Mechanic Street | Manchester, NH 03101 | rrose@graniteymca.org | 603.232.8622

**Additional information:**

**Class descriptions:**

**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.

**Silver Sneakers Splash**

This class is designed to guide you through a series of water exercises with the aid of the water's buoyancy and resistive properties help you improve your flexibility, range of motion, joint mobility, and muscular strength. No swimming skills required.

**Lap Swim**

13 yrs – Adult must lap swim

\*\*\* ( ) denotes # of lanes available if pool is shared space

**Open Swim**

Open to all members.

**Family swim**

Open swim for groups coming in as a family. No unaccompanied teens will be permitted to a family swim time.

**Teen swim**

Swimming times dedicated to members aged 12 to 17.

**Swim Testing**

Mandatory for all open swim participants under the age of 18. Designates safe areas of pool usage for all skill levels