

	Monday					Tuesday					Wednesday					Thursday					Friday									
Lane	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5	Lane				
6:00																														6:00
6:30																														6:30
7:00	*****										*****					*****					*****									7:00
7:30						*****										*****														7:30
8:00																														8:00
8:30	Aqua Fit 8:25-9:25										Aqua Fit 8:25-9:25										Aqua Fit 8:25-9:25									8:30
9:00						Pike										Pike														9:00
9:30	Pike					Pike PC, 9:35					Y School					Skips, 9:35					Y School					Y School				9:30
	Deep H2O Aerobics 9:30-10:30										Deep H2O Exer 9:30-10:30										Deep H2O Aerobics 9:30-10:30									10:00
10:00	Eel					Y School, 10:10					Y School					Pike 10:10					Y School					Y School				10:00
10:30	Aqua Fit 10:35-11:35										Aqua Fit 10:35-11:35										Aqua Fit 10:35-11:35									10:30
11:00						Skips, 10:45										Perch, 10:45														11:00
11:30	Home School, 11:40					AFAP Deep 11:30-12:15					Y School, 11:40										Y School, 11:40									11:30
12:00											Y School 12:15-12:45					AFAP Deep 11:30-12:15					Y School, 12:15									12:00
12:30	Home School, 12:30					H2O Exercise 12:15-1:00										H2O Exercise 12:15-1:00														12:30
1:00						Pike, 1:05					*****					Pike, 1:05					Pike, 12:50					Eel				1:00
1:30	AFAP 1:30-2:15									RS	AFAP 1:30-2:15									RS	AFAP 1:30-2:15									1:30
2:00																														2:00
2:30						*****										*****					*****									2:30
3:00	*****	MHS, 2:45-3:45, Nov-Feb									*****	MHS, 2:45-3:45, Nov-Feb									*****	MHS, 2:45-3:30								3:00
3:30																														3:30
4:00	Pike/Eel 3:45				RS						Pike, 3:45				Yth 1, 3:45						Pike/Eel				RS					4:00
4:30	Pike, 4:20					Greater Nashua YMCA Swim Team, 3:30-6:30										Greater Nashua YMCA Swim Team, 3:30-6:30										Pike, 4:35				4:30
5:00	Pike, 4:55										School's Out 4:15-5				Yth 1, 4:15-4:45											Eel, 5:05				5:00
5:30	Perch, 5:30										Skips				Porpoise Club											Perch, 5:40				5:30
6:00											Pike				Yth 2, 5:15															6:00
6:30	Greater Nashua YMCA Swim Team, 6-8										Greater Nashua YMCA Swim Team, 6-8										Greater Nashua YMCA Swim Team, 6-8									6:30
7:00						H2O Exercise 6:30-7:15				Yth 2, 6:30-7:15						H2O Exercise 6:30-7:15				Yth 1, 6:30-7										7:00
7:30																				Yth 1, 7:00						*****				7:30
8:00																				Yth 1, 7:05-7:35										8:00
8:30	Lap																			Adult Int										8:30
9:00																														9:00
9:30	Closing					Closing					Closing					Closing					Closing					9:30				

Recreational Swim is offered at ALL times, except during YMCA Swim Team practice; please check with the lifeguard.

While every effort is made to follow the above schedule, sometimes changes are necessary. Please follow all posted rules and refer to the lifeguard on duty