



YMCA Downtown Manchester AQUATICS SCHEDULE

30 Mechanic St, Manchester, NH (603)623-3558 www.yogm.org

| ACTIVITY | MON | TUES | WEDS | THUR | FRI | SAT | SUN |
|--|---|--|--|--|--|--------------------------------------|----------------------------------|
| Lap Swim (Ages 13-Adult) Lap Swimming Required | 4:45 - 8:25am 11:20 - 2:25pm 4:30 - 5:45pm 8:00 - 9:30pm (2)*** (with exception of every 3rd MON) | 4:45 - 9:10am 11:20 - 2:15pm 4:50 - 5:15PM (2) 5:15 - 5:50pm 8:00 - 9:30pm (2) | 4:45 - 8:25am 11:20 - 2:15pm 5:20 - 7:00pm 7:00 - 9:30pm (2) | 4:45 - 8:55am 11:20 - 2:15pm 4:45 - 5:15pm 5:15-5:30 (2) 8:00 - 9:30pm (2) | 4:45 - 8:25am 11:20 - 2:15pm 5:00 - 5:45pm (2) 5:45 - 6:55pm 8:10 - 9:30pm (2) | 7:00 - 8:55am 4:00 - 6:00pm | 8:00 - 9:55am 3:15 - 4:30pm |
| Open Swim Open to all members | 9:15 - 10:30am 3:00 - 4:25pm 8:00 - 9:30pm (2)*** (with exception of every 3rd MON) | 2:20 - 4:10pm | 2:20 - 4:10pm 7:00 - 9:30pm (2) | 2:20 - 4:45pm 8:00 - 9:30pm (2) | 2:20 - 4:10pm 8:10 - 9:30pm (2) | 2:15 - 4:00pm | 12:00 - 12:45pm 2:15 - 3:15pm |
| Water Exercise | H2OAerobics 8:30 - 9:15am Arthritis 10:30 - 11:15am Limber Limbs 2:30 - 3:00pm | H2OWalking 10:30 - 11:15am H2OAerobics 7:00 - 8:00pm | H2OAerobics 8:30 - 9:15am Arthritis 10:30 - 11:15am | H2OWalking 10:30 - 11:15am H2OAerobics 7:00 - 8:00pm | H2OAerobics 8:30 - 9:15am Arthritis 10:30 - 11:15am | 9:00 - 9:45am H2O Warriors | NONE |
| Swim Lessons and Programs | | 9:15 - 10:30am 4:15 - 5:15pm | 9:30 - 10:30am 2:00 - 2:45pm 4:15 - 5:15pm | 9:00 - 10:30am 2:30 - 3:30pm | 9:30 - 10:30am 4:15 - 5:45pm 7:00 - 8:00pm | 9:35 - 12:45pm | 10:00 - 11:55pm |
| Specialty Programs | Synchro 5:45 - 8:00pm UNITED DIVERS*** (every 3rd MON)*** 8:00 - 9:30pm | FAMILY TIME 6:00 - 6:45pm SCUBA(ends 5/22) 8:00 - 9:30pm (2) | | Synchro 5:15-7:30pm | | RENTALS 1:00 - 2:00pm | RENTALS 1:00 - 2:00pm |

() denotes shared pool space

DT Aquatics Director: Laura 'Pools' Leary (603)232-8622, lleary@yogm.org
FYI: OUR ANNUAL POOL SHUT DOWN WEEK: JUNE 18th - JUNE 24th