



# Goffstown Allard Center Y- Lap Pool

116 Goffstown Road, Goffstown, NH (603)497-4663 www.yogm.org



ACTIVITY	MON	TUES	WEDS	THUR	FRI	SAT	SUN
Lap Swim (Ages 8-Adult)	5:45-9:30am (3) 9:30-10:05am (1) 10:05-11:00am (3) 11:30-4:00pm (3) 7:30-8:00pm (1) 8:00-9:30pm (3)	5:45-10:00am(3) 10:00-10:45am (2) 10:45-4:30pm (3) 4:30-6:00pm (1) 7:30-8:00pm (1) 8:00-9:30pm (3)	5:45am-4:00pm (3) 4:00-5:00pm (1) 5:15-5:45pm (2) 5:45-8:00pm (1) 8:00-9:30pm (3)	5:45am-4:30pm (3) 5:00-7:00pm (1) 8:00-9:30pm (3)	5:45-9:00am (3) 9:00-10:05am (2) 10:05-4:00pm (3) 7:00-7:30pm (1) 7:30-9:30pm (3)	7:45-8:30am (3) 8:30-9:00am (2) 9:00-5:30pm (3)	7:45-11:30am (3) 1:30-3:45pm (3)
Open Swim <small>Open to facility members</small>	5:45-9:00am (3) 9:00-9:30am(1) 11:15-3:30pm (3) 8:00-9:30 pm (3)	5:45-7:30am (3) 8:15-10:00am (3) 11:45-3:30pm (3) 3:30-4:30pm (1)	5:45-9:30am (3) 11:15- 12:30pm (3) 12:30-1:30pm (2) 1:30-3:30pm (3) 8:00-9:30pm (3)	5:45-7:30am (3) 8:15-10:00am (3) 11:00-12:30pm (3) 1:00-3:30pm (3)	5:45-9:00am (3) 11:15-4:00pm (3) 8:00-9:30pm (3)	7:45-8:00am (3) 10:45-11:25am (2) 11:30-1:00pm (1) 1:00-5:30pm (3)	7:45-9:00am (3) 9:00-9:30am (2) 11:00-3:45pm (3)
Competitive Aquatics	4:00-5:00pm (3) 5:00-5:45pm (4) 5:45-7:30pm (6) 7:30-8:00pm (5)	4:30-5:30pm (3) 5:30-6:00pm (5) 6:00-7:30pm (6) 7:30-8:00pm (5) 8:00-9:00pm (3)	4:00-5:00pm (3) 5:00-5:45pm (4) 5:45-8:00pm (5)	4:30-5:30pm (3) 5:30-7:00pm (5) 7:00-8:00pm (6) 8:00-9:00pm (3)	4:00-5:30pm (4) 5:35-7:00pm (6) 7:00-7:30pm (5)	8:00-9:00am (3)	NONE
Water Exercise	9:30-11:15am (3)	7:30-8:15am (3) 10:00-11:45am (3)	9:30-11:15am (3)	7:30-8:15am (3) 10:00-11:00am (3)	9:30-11:15am (3)	NONE	12:30-1:30pm (1)
*Swim Lessons*	9:00am-10:05am (2) 11:00-11:30am (1) 3:30-4:00pm (1) 4:00-4:35pm (3) 4:35-5:45pm (2)	10:10-10:40am(1) 3:30-5:30pm (2)	12:30-1:30pm (1) 3:30-5:10pm (2)	12:30-1:00pm (2) 3:30-4:50pm (2) 5:00-5:30pm (2)	9:00-10:05am (1) 3:30-4:50pm (2) 5:00-5:35pm (3)	8:30-9:00am (1) 9:40-10:10am (3) 10:15-10:45am (2) 10:50-11:20am (1) 11:25-1:00pm (2)	9:00-9:30am (1) 9:35-10:55am (2) 11:35-12:05pm (3) 12:10-1:30pm (2)

**() Denotes the number of lanes available for each activity.**

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Allard Center Aquatics Coordinator-Jenn Ouellette, (603)232-8651 jouellette@yogm.org

**High School Swim Season ends February 10th. There will be more open swim/lap swim times available so a new schedule will be posted then. Thanks!**