

 Goffstown Allard Center Y- Teaching Pool 116 Goffstown Road, Goffstown, NH (603) 497-4663 www.yogm.org							
ACTIVITY	MON	TUES	WEDS	THUR	FRI	SAT	SUN
Open Swim <small>Open to facility members</small>	5:45-9:00am 9:35-1:00pm 2:00-2:30pm (1/2) 2:30-3:30pm 4:00-4:40pm 6:20-9:30pm	5:45-8:15am 8:15-9:00am (1/2) 10:35-12:30pm 1:30-2:15pm (1/2) 2:15-3:30pm 4:00-9:30pm	5:45-9:30am 10:45-12:30pm 1:30-2:30pm (1/2) 2:30-4:00pm 6:00-9:30pm	5:45-8:15am 8:15-9:00am (1/2) 10:45-1:00pm 1:30-2:15pm (1/2) 2:15-3:30pm 4:45-9:30pm	5:45-9:00am 9:30-1:30pm 1:30-2:30pm (1/2) 2:30-3:30pm 6:45-9:30pm	7:45-8:30am 11:30-12:45(1/2) 12:45-5:30pm	7:45-9:30am 11:00-11:45am 1:00-3:45pm
Water Exercise	1:30-2:30pm (1/2) 5:30-6:15pm (1/2)	8:15-9:00am (1/2) 1:30-2:15pm (1/2)	1:30-2:30pm (1/2) 5:30-6:15pm (1/2)	8:15-9:00am (1/2) 1:30-2:15pm (1/2)	1:30-2:30pm (1/2)	NONE	NONE
Swim Lessons	9:00-9:30am 1:00-2:00pm 3:30-4:00pm 4:40-6:20pm	9:30-10:40am 12:30-1:00pm 3:30-4:00pm	9:30-10:40am 12:30-1:00pm 4:00-4:40pm SOP 4:40-5:45pm	9:00-10:40am 3:30-4:45pm	9:00-9:30am 3:30-6:40pm	8:30-12:45	9:00-11:00pm 11:45-1:00pm
<p>(1/2) Means half of the pool is being used for this activity</p> <p>Allard Center Senior Aquatics Director- Jennifer Cullen, (603)232-8653 jcullen@yogm.org Allard Center Aquatics Coordinator- Aubree Cecil, (603)232-8652 acecil@yogm.org Allard Center Aquatics Coordinator- Jenn Ouellette, (603)232-8651 jouellette@yogm.org</p>							

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

Thanks!