



Downtown Manchester YMCA

AQUATICS SCHEDULE



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

ACTIVITY	MON	TUES	WEDS	THUR	FRI	SAT	SUN
Lap Swim Lap Swimming Required	4:45 - 8:25am 11:20 - 2:15pm 4:35 - 5:45pm 5:45 - 6:00pm (2) 8:00 - 9:30pm (2)*** (see below)	4:45 - 8:50am 11:20 - 2:15pm 4:50 - 5:15pm (2) 5:20 - 5:45pm 8:00 - 9:30pm (2)	4:45 - 8:25am 11:20 - 2:15pm 5:20 - 7:00pm 8:00 - 9:30pm (2)	4:45 - 9:25am 11:20 - 2:15pm 4:20 - 5:30pm 8:00 - 9:30pm (2)	4:45 - 8:25am 11:20 - 2:15pm 5:00 - 5:45 (2) 5:45 - 6:55pm 8:15 - 9:30pm (2)	7:00 - 8:55am 3:00 - 4:00pm (2) 4:00 - 5:45pm	8:00 - 10:15am 3:00 - 4:15pm
Open Swim Open to all members	9:15 - 10:30am 3:00 - 4:30pm	2:20 - 4:10pm 8:00 - 9:30pm (2)	2:15 - 4:10pm 7:10 - 8:00pm	2:20 - 4:30pm 8:00 - 9:30pm (2)	2:20 - 4:10pm 8:15 - 9:30pm (2)	1:00 - 3:00pm 3:00 - 4:00pm (2)	12:15 - 1:30pm 1:30 - 3:00 (2)
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 - 9:55am H2O Warriors	NONE
Swim Lessons and Programs	5:45 - 8:00pm	9:00 - 10:30am 4:15 - 5:15pm	9:30 - 10:30am 2:00 - 2:30pm 4:15 - 5:15pm	9:00 - 10:30am 2:30 - 3:30pm 5:30 - 7:00pm	9:30 - 10:30am 4:15 - 5:45pm 7:00 - 8:00pm	9:30 - 12:45pm	10:30am - 12:00pm
Specialty Programs	UNITED DIVERS*** (every 3rd MON)*** 8:00 - 9:30pm ST A's Athletics 8:00 - 9:00pm (2)	INFLATABLE FUN 6:00 - 6:45pm	ST A's SwimClub 8:00 - 9:30pm (2)			RENTALS 6:00 - 8:00pm	SCUBA (ends 2/12) 1:30 - 3:00pm (2) RENTALS 4:30 - 6:30pm MVP 7:00 - 9:00pm

() denotes shared pool space / # lanes

DT Aquatics Director: Laura 'Pools' Leary (603)232-8622, lleary@yogm.org