

Penobscot Bay YMCA Pool Schedules - 2019 Effective May 13 - 19

Therapy Pool - Open Swim									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
		10AM - 11AM (No Slides)		11AM-Noon (No Slides)		Noon - 1PM (No Slides)	Noon - 1PM (No Slides)		
	6:30PM - 8PM (No Slides)	7PM - 8PM (No Slides)	6:15PM - 8PM (No Slides)	7PM - 8PM (No Slides)	6PM - 8PM (No Slides)	3:00PM - 4:30PM (Slides)	3:00PM - 4:30PM (Slides)		
							Birthday Party 1-2		
Main Pool - Lap Swim									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:45AM	8 Lanes	5 Lanes - Aquablast	8 Lanes	5 Lanes - Aquablast	8 Lanes				
7:00AM	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes (7AM) 5 Lanes (7:30AM)			
8:00AM	5 Lanes - Easy Going	8 Lanes	5 Lanes - Easy Going	8 Lanes	5 Lanes - Easy Going	5 Lanes			
9:00AM	8 Lanes	8 Lanes	2 Lanes - Life Skills (RSU 13)	2 Lanes - Life Skills (SAD 28)	8 Lanes	5 Lanes			
10:00AM	8 Lanes	5 Lanes - Liquid Toning	2 Lanes (10AM) 6 Lanes (10:30AM)	2 Lanes (10AM) 2 Lanes (10:30AM)	6 Lanes (10AM) 6 Lanes (10:30AM)	5 Lanes (10AM) 5 Lanes (10:30AM)			
11:00AM	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	5 Lanes			
NOON	8 Lanes	4 Lanes - Downeast Maritime	8 Lanes	8 Lanes	5 Lanes - Life Skills (SAD 40)	5 Lanes	5 Lanes		
1:00PM	6 Lanes	4 Lanes - Downeast Maritime	6 Lanes	6 Lanes	6 Lanes	5 Lanes	5 Lanes		
2:00PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	5 Lanes	5 Lanes		
3:00PM	8 Lanes (3PM) 3 Lanes (3:30PM) 5 Lanes (4PM) Swim Lessons	8 Lanes (3PM) 3 Lanes (3:30PM) 5 Lanes (4PM) Swim Lessons	8 Lanes (3PM) 3 Lanes (3:30PM)	8 Lanes (3PM) 3 Lanes (3:30PM)	8 Lanes (3PM) 3 Lanes (3:30PM)	5 Lanes	5 Lanes		
4:00PM	2 Lanes (4:30)	2 Lanes (4:30PM)	3 Lanes	3 Lanes	3 Lanes	6 Lanes (4PM) 4:30PM - Closed	6 Lanes 4:30PM Closed		
5:00PM	2 Lanes	1 Lanes	1 Lanes	3 Lanes	3 Lanes	<i>* Pool schedule subject to change at any time due to weather, programs or rentals. Please call ahead to confirm*</i>			
6:00PM	5 Lanes (6PM) 6 Lanes (6:30PM)	5 Lanes (6PM) 6 Lanes (6:30PM)	6 Lanes (6PM) 6 Lanes (6:30PM)	6 Lanes (6PM) 6 Lanes (6:30PM)	6 Lanes (6PM) 6 Lanes (6:30PM)				
7:00PM	5 Lanes (7PM) 5 Lanes (7:30PM)	6 Lanes (7PM) 6 Lanes (7:30PM)	6 Lanes (7PM) 6 Lanes (7:30PM)	3 Lanes (7PM) 3 Lanes (7:30PM)	6 Lanes (7PM) 6 Lanes (7:30PM)				
8:15PM	Closed	Closed	Closed	Closed	Closed				
Main Pool - Open Swim									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
	1PM - 3PM	1PM - 3PM	1PM - 3PM	1PM - 3PM	1PM - 3PM				
	6:30PM - 8:15PM	7PM - 8:15PM	6:15PM - 8:15PM	7PM - 8:15PM	6PM - 8:15PM	Lifeguard Training 8-4	Lifeguard Training		
PLEASE SHOWER BEFORE USING OUR POOLS - THANK YOU!									