

Penobscot Bay YMCA Pool Schedules - 2019 Effective March 11 - 17

Therapy Pool - Open Swim							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		10AM - 11AM		11AM-Noon		Noon - 1PM (no slides)	Noon - 1PM (no slides)
	6:30PM - 8PM	7PM - 8PM	6PM - 8PM	7PM - 8PM	6PM - 8PM	3:00PM - 4:30PM	3:00PM - 4:30PM
						Birthday Rental 1p - 2p	
Main Pool - Lap Swim							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45AM	5 Lanes - Saifish Practice	5 Lanes - Aquablast	5 Lanes - Saifish Practice	5 Lanes - Aquablast	5 Lanes - Saifish Practice		
7:00AM	8 Lanes	5 Lanes - Aquablast	8 Lanes	5 Lanes - Aquablast	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	6 Lanes	
9:00AM	8 Lanes	8 Lanes	2 Lanes - Life Skills	2 Lanes - Life Skills	8 Lanes	6 Lanes	
10:00AM	8 Lanes	5 Lanes - Liquid Toning	2 Lanes (10AM)	2 Lanes (10AM)	6 Lanes (10AM)	6 Lanes (10AM)	
			2 Lanes (10:30AM)	2 Lanes (10:30AM)	6 Lanes (10:30AM)	6 Lanes (10:30AM)	
11:00AM	8 Lanes	8 Lanes	8 Lanes	8 Lanes	8 Lanes	6 Lanes	
NOON	8 Lanes	8 Lanes	8 Lanes	8 Lanes	5 Lanes - Life Skills	6 Lanes	6 Lanes
1:00PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
2:00PM	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes	6 Lanes
3:00PM	8 Lanes	8 Lanes (3PM)	8 Lanes (3PM)	8 Lanes (3PM)	8 Lanes (3PM)	6 Lanes	6 Lanes
	2 Lanes (3:30PM)	2 Lanes (3:30PM)	2 Lanes (3:30PM)	2 Lanes (3:30PM)	2 Lanes (3:30PM)		
4:00PM	1 Lane	1 Lane	1 Lane	1 Lane	1 Lane	6 Lanes (4PM)	6 Lanes
						4:30PM - Closed	4:30PM Closed
5:00PM	2 Lanes	2 Lanes	2 Lanes	2 Lanes	2 Lanes	<i>* Pool schedule subject to change at any time due to weather, programs or rentals. Please call ahead to confirm*</i>	
6:00PM	2 Lanes (6PM)	2 Lanes (6PM)	2 Lanes (6PM)	2 Lanes (6PM)	2 Lanes (6PM)		
	6 Lanes (6:30PM)	6 Lanes (6:30PM)	6 Lanes (6:30PM)	6 Lanes (6:30PM)	6 Lanes (6:30PM)		
7:00PM	6 Lanes (7PM)	6 Lanes (7PM)	6 Lanes (7PM)	6 Lanes (7PM)	6 Lanes (7PM)		
	8 Lanes (7:30PM)	6 Lanes (7:30PM)	6 Lanes (7:30PM)	3 Lanes (7:30PM)	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	6PM - 8:15PM	7PM - 8:15PM	6PM - 8:15PM	1PM - 4:30PM	Noon - 4:30PM
<i>PLEASE SHOWER BEFORE USING OUR POOLS - THANK YOU!</i>							