

Main Pool Schedule

Penobscot Bay YMCA January 19-24, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:45 AM	CLOSED FOR MLK DAY	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-9am	Lap (7) Open (1) 5:45-6:30am	Lap (7) Open (1) 5:45-7am	CLOSED for Swim Meet sauna close	
6:00 AM		Masters (4) Lap (3) Open (1) 7-8am		Lap (7) Open (1) 5:45-9am	Swim Team (3) Lap (4) Open (1) 6:30-8:00am		Masters (4) Lap (3) Open (1) 7-8am
6:30 AM							
7:00 AM		Deep Water(3) Lap (4) Open(1) 8-9am	Lap (7) Open (1) 5:45-9am	Water Works (3) Lap (4) Open(1) 8-9am	Lap (7) Open (1) 8-9am		
7:30 AM							
8:00 AM		Splash Dance (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 9-4pm	Splash Dance(3) Lap (4) Open (1) 9-10am		
8:30 AM							
9:00 AM		Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 9-4pm	Lap (7) Open (1) 10-4pm		
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM							
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM							
3:00 PM							
3:30 PM							
4:00 PM	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6pm			
4:30 PM							
5:00 PM	*Lessons (2) 5:45-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	CLOSED FOR SWIM MEET			
5:30 PM							
6:00 PM	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	*sauna closed			
6:30 PM							
7:00 PM							
7:15 PM							

Circle Swimming
Circle swim is used when three or more swimmers are in one lap lane. To avoid injury please let other swimmers know when entering the lane.

POOL SCHEDULE IS SUBJECT TO CHANGE WITHOUT NOTICE BASED ON PROGRAMMING NEEDS

Swim Team	Water Exercise
Lap Swim Open Swim	Swim Lessons
Masters	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA January 19-24, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
5:45 AM	CLOSED FOR MLK DAY	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED FOR SWIM MEET *sauna closed				
6:00 AM										
6:30 AM										
7:00 AM										
7:30 AM										
8:00 AM										
8:30 AM										
9:00 AM							Joint Ventures 9-9:45am	Adult Swim 10-11pm	Open Swim 12-1:30pm	CLOSED FOR SWIM MEET
9:30 AM										
10:00 AM										
10:30 AM										
11:00 AM							Adult Swim 11-12pm	Adult Swim 11-12pm	Closed Programming 12-3pm	Open Swim 12-1:30pm
11:30 AM										
12:00 PM										
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM										
4:30 PM										
5:00 PM										
5:30 PM										
6:00 PM										
6:30 PM										
7:00 PM										
7:15 PM										

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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