

Main Pool Schedule

Penobscot Bay YMCA January 12-17, 2026

Therapy Pool Schedule

Penobscot Bay YMCA January 12-17, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
5:45 AM				Lap (7) Open (1) 5:45-6:30am	Lap (7) Open (1) 5:45-7am	CLOSED	5:45 AM											
6:00 AM	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-9am	Swim Team (3) Lap (4) Open (1) 6:30-8am	Masters (4) Lap (3) Open (1) 7-8am		6:00 AM											
6:30 AM										6:30 AM								
7:00 AM	Swim Team (3) Lap (4) Open (1) 7-8am	Masters (4) Lap (3) Open (1) 7-8am					7:00 AM			CLOSED				CLOSED				
7:30 AM							7:30 AM											
8:00 AM	Lap (7) Open (1) 8-9am	Deep Water(3) Lap (4) Open(1) 8-9am		Water Works (3) Lap (4) Open(1) 8-9am	Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8-9am	8:00 AM	CLOSED	CLOSED	CLOSED								
8:30 AM							8:30 AM											
9:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Splash Dance (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (7) Open (1) 9-10am	Lap (7) Open (1) 9-4pm	Splash Dance(3) Lap (4) Open (1) 9-10am	Lessons (2) Lap (5) Open (1) 9:30-11:30am	9:00 AM											
9:30 AM								9:30 AM			Joint Ventures 9-9:45am			Swim Lessons 9:45-10:30am				
10:00 AM	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm		Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm	Lap (5) Open (3) 11:30-1pm	10:00 AM										
10:30 AM													10:30 AM			Adult Swim 10-11am		Closed
11:00 AM													11:00 AM	Adult Swim 11-12pm	Adult Swim 11-12pm	Adult Swim 11-12pm		
11:30 AM													11:30 AM					Open Swim 11-1pm
12:00 PM							12:00 PM											
12:30 PM							12:30 PM											
1:00 PM							1:00 PM	Closed Programming 12-3pm		Closed Programming 12-3pm								
1:30 PM							1:30 PM		Open Swim 12-4 pm			Open Swim 12-1:30pm						
2:00 PM							2:00 PM											
2:30 PM							2:30 PM											
3:00 PM							3:00 PM					Closed Programming 1:30-4pm						
3:30 PM							3:30 PM	Closed					Closed					
4:00 PM							4:00 PM											
4:30 PM	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm		4:30 PM	Open Swim 4-5:30pm	Swim Lessons 4-6pm			Open Swim 4-5:30pm						
5:00 PM		*Lessons (2) 5:45-6:30pm					5:00 PM											
5:30 PM							5:30 PM	Closed				Closed	Closed					
6:00 PM							6:00 PM											
6:30 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	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm		6:30 PM	Open Swim 6-7:15pm	Open Swim 6-7:15pm	Open Swim 5:15-7:15pm	Open Swim 6-7:15pm	Open Swim 6-7:15pm						
7:00 PM							7:00 PM											
7:15 PM							7:15 PM											
					Swim Team	Water Exercise					Water Exercise	Adult Swim	Swim Lessons					
											Open Swim	Reserved Programming						
					Lap Swim Open Swim	Swim Lessons												
	Pool Schedule is subject to change without notice based on programming needs							Pool Schedule is subject to change without notice, based on programming needs										
					Masters	Reserved												

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.

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