

Main Pool Schedule

Penobscot Bay YMCA July 6-11 , 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5:45 AM	Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-7am	CLOSED	
6:00 AM							
6:30 AM							
7:00 AM							
7:30 AM		Masters (4) Lap (3) Open (1) 7-8am			Masters (4) Lap (3) Open (1) 7-8am		
8:00 AM	Swim Team (5) Lap (2) Open (1) 8-9am	Deep Water(3) Swim Team (5) 8-9am	Swim Team (5) Lap (2) Open (1) 8-9am	Swim Team (5) Lap (3) 8-9am	Swim Team (5) Lap (2) Open (1) 8-9am	Lap (7) Open (1) 8-9:30am	
8:30 AM							
9:00 AM	Aqua Fit (3) Swim Team (4) Lap (1) 9-9:30am	Splash Dance (2) Swim Team (4) LESSONS(1) Lap(1) 9-9:30am	Aqua Fit (3) Swim Team (4) LESSONS(1) Lap(1) 9-9:30	Swim Team (4) Lap (3) Open (1) 9-9:30am	Splash Dance (3) Swim Team (4) Lap (1) 9-9:30am	Lap (5) Open (3) 11:30am-1pm	
9:30 AM	Aqua Fit (3) Lap(4) Open(1) 9:30-10am	LESSONS (1) Splash Dance (2) Lap (5) 9:30am-10am	LESSONS (1) Aqua Fit (3) Lap (4) 9:30am-10am		Splash Dance (3) Lap (4) Open (1) 9:30am-10am		
10:00 AM	Lap (6) Open (2) 10am-2:00 pm	LESSONS (1) Lap (6) Open (1) 10am-11am	LESSONS (1) Lap (6) Open (1) 10am-11am				
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM		Lap (6) Open (2) 11am-2pm		Lap (6) Open (2) 9:30am-7:15pm	Lap (6) Open (2) 10am-7:15pm		
1:00 PM							
1:30 PM							
2:00 PM	Camp (4) Lap (3) Open (1) 2-3pm	Camp (4) Lap (3) Open (1) 2-3pm					
2:30 PM							
3:00 PM	Lap (6) Open (2) 3-7:15pm	Lap (6) Open (2) 3-5pm	Lap (6) Open (2) 11am-7:15pm				
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM		Lessons(4) Lap(4) 5-6:30pm					
5:30 PM							
6:00 PM							
630 PM		Lap (7) Open (1) 6:30-7:15pm					
7:00 PM						CLOSED	
7:15 PM							

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

Therapy Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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5:45 AM	
6:00 AM	
6:30 AM	
7:00 AM	
7:30 AM	
8:00 AM	Aquatics Renovation Update
8:30 AM	Thank you for your patience as we continue improvements to our aquatics facilities.
9:00 AM	
9:30 AM	Grand Reopening of the Sauna The sauna is scheduled to reopen on Tuesday, July 7. We look forward to welcoming members back. The corridor beside the Therapy Pool is for sauna access only. Please keep this corridor and sauna entrance clear. After using the sauna, cool down or relax on the Main Pool deck. Thank you for your cooperation!
10:00 AM	
10:30 AM	
11:00 AM	
11:30 AM	Therapy Pool The Therapy Pool will remain closed this week as renovations continue. We appreciate your patience and will share reopening updates as soon as they become available.
12:00 PM	
12:30 PM	
1:00 PM	
1:30 PM	
2:00 PM	
2:30 PM	
3:00 PM	Thank you for your continued support as we invest in improving your YMCA experience.
3:30 PM	
4:00 PM	
4:30 PM	
5:00 PM	
5:30 PM	
6:00 PM	
630 PM	
7:00 PM	
7:15 PM	

Aquatics Renovation Update

Thank you for your patience as we continue improvements to our aquatics facilities.

Grand Reopening of the Sauna

The sauna is scheduled to reopen on Tuesday, July 7.

We look forward to welcoming members back.

The corridor beside the Therapy Pool is for sauna access only.

Please keep this corridor and sauna entrance clear.

After using the sauna, cool down or relax on the Main Pool deck.

Thank you for your cooperation!

Therapy Pool

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We appreciate your patience and will share reopening updates as soon as they become available.

Thank you for your continued support as we invest in improving your YMCA experience.