

# Main Pool Schedule

Penobscot Bay YMCA March 2-7, 2026

	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
6:00 AM	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am				
6:30 AM			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	
7:00 AM	Swim Team (3) Lap (4) Open (1) 7-8am	Masters (4) Lap (3) Open (1) 7-8am				
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) 8-9:30am
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 (4) Open (1) 9-10am		Splash Dance(3) Lap (4) Open (1) 9-10am	Swim Lessons (2) Lap (5) Open (1) 9:30-11:30pm
9:30 AM						
10:00 AM						
10:30 AM				Lap (7) Open (1) 9-4pm		Lap (7) Open (1) 11:30-1pm
11:00 AM						
11:30 AM						
12:00 PM	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm		Lap (7) Open (1) 10-4pm	
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	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	CLOSED
5:00 PM		*Lessons (2) 5:45-6:30	*Lessons (2) 5:45-6:30		* LG Class (1)	
5:30 PM						
6:00 PM						
6:30 PM	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	
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 March 2-7, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM						
6:30 AM						
7:00 AM				CLOSED		CLOSED
7:30 AM						
8:00 AM	CLOSED	CLOSED	CLOSED			
8:30 AM					CLOSED	
9:00 AM					Joint Ventures 9-9:45am	Swim Lessons 9:45-10:30am
9:30 AM						
10:00 AM					Adult Swim 10-11am	Closed
10:30 AM						
11:00 AM	Adult Swim 11-12pm	Adult Swim 11-12pm	Adult Swim 11-12pm			Open Swim 11-1pm
11:30 AM						
12:00 PM						
12:30 PM					Closed Programming 12-3pm	Open Swim 12-2pm
1:00 PM						
1:30 PM	Open Swim 12-4pm	Open Swim 12-4 pm				
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM					Open Swim 3-5pm	Closed
4:00 PM						
4:30 PM					Swim Lessons 4-6	Open Swim 4-5:30pm
5:00 PM					Closed	
5:30 PM						
6:00 PM	Closed					Closed for Lifeguard Certification Course 5:30-7:15pm
6:30 PM		Open Swim 6-7:15	Open Swim 5:30-7:15pm	Open Swim 6-7:15pm		
7:00 PM						
7:15 PM						

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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