

Main Pool Schedule

Penobscot Bay YMCA March 9-14, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am		Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-7am	
6:30 AM						CLOSED
7:00 AM	Swim Team (3) Lap (4) Open (1) 7-8am	Masters (4) Lap (3) Open (1) 7-8am	Lap (7) Open (1) 5:45-9am		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	
9:30 AM						Swim Lessons (2) Lap (5) Open (1) 9:30-11:30am
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			
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM					Lap (7) Open (1) 10-7:15pm	
3:30 PM						
4:00 PM						CLOSED
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		
5:00 PM		*Lessons (2) 5:45-6:30	*Lessons (2) 5:45-6:30			
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		
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 9-14, 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						
9:30 AM				Joint Ventures 9-9:45am		Swim Lessons 9:45-10:30am
10:00 AM						
10:30 AM				Adult Swim 10-11am		Closed
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				Open Swim 11-3pm		Open Swim 12-2pm
1:00 PM		Open Swim 12-3 pm	Closed Programming 12-3pm			
1:30 PM						
2:00 PM						
2:30 PM	Open Swim 12-5pm				Closed Programming 2-4pm	
3:00 PM						Closed
3:30 PM		Swim Lessons 3-6	Open Swim 3-5pm	Swim Lessons 3-6		
4:00 PM						
4:30 PM						
5:00 PM	Closed		Closed			
5:30 PM			Open Swim 5:30-6:30pm		Open Swim 4-7:15	
6:00 PM						
6:30 PM	Open Swim 5:30-7:15pm	Closed	Closed	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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