

# Main Pool Schedule

Penobscot Bay YMCA April 6-11, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Lap (7) Open (1) 5:45-9am	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-9am	Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-7am	CLOSED
6:00 AM						
6:30 AM						
7:00 AM		Masters (4) Lap (3) Open (1) 7-8am	Lap (7) Open (1) 5:45-9am	Lap (7) Open (1) 5:45-8am	Masters (4) Lap (3) Open (1) 7-8am	
7:30 AM						
8:00 AM		Aqua Fit (3) Lap (4) Open (1) 9-10am	Deep Water(3) Lap (4) Open(1) 8-9am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Water Works (3) Lap (4) Open(1) 8-9am	
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 10am-5:30pm	Lap (7) Open (1) 10am-5:30pm	Lap (7) Open (1) 9am-7:15pm	Lap (7) Open (1) 10am-7:15pm	CLOSED
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						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
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	Swim Lessons
Open Swim	Reserved
Masters	Reserved

# Therapy Pool Schedule

Penobscot Bay YMCA April 6-11, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM						
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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	

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