

Main Pool Schedule

Penobscot Bay YMCA May 11-16, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						CLOSED
6:00 AM		Lap (7) Open (1) 5:45-7am		Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-7am	
6:30 AM						
7:00 AM	Lap (7) Open (1) 5:45-9am	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		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) 8-1pm
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						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM		Lap (7) Open (1) 10am-4pm		Lap (7) Open (1) 9am-5:30pm	Lap (7) Open (1) 10am-5:30pm	
12:30 PM						
1:00 PM	Lap (7) Open (1) 10am-5:30pm		Lap (7) Open (1) 10am-5:30pm			
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Lessons(1) Lap(6) Open(1) 4-5:30pm				CLOSED
4:30 PM						
5:00 PM						
5:30 PM	Swim Team (5) Lap (2) Open (1) 5:30-6:30pm	Swim Team (5) Lessons(1) Lap(2) 5:30-6:30pm	Swim Team (4) Lesson(4) 5:30-6:30pm	Swim Team (5) Lap (2) Open (1) 5:30-6:30	CLOSED FOR STAFF TRAINING	
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	Swim Lessons
Open Swim	
Masters	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA May 11-16, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM						
6:30 AM						
7:00 AM				CLOSED		CLOSED
7:30 AM					CLOSED	
8:00 AM	CLOSED	CLOSED	CLOSED			
8:30 AM						
9:00 AM						
9:30 AM				Joint Ventures 9-9:45am		Swim Lessons 9-10:05am
10:00 AM						CLOSED
10:30 AM				Adult Swim 10-11am	Swim Lessons 10-11:30am	
11:00 AM	Adult Swim 11am-12pm	Adult Swim 11am-12pm	Adult Swim 11am-12pm			Open Swim 10:30-1pm
11:30 AM				Open Swim 11-1pm		
12:00 PM					Open Swim 12-2pm	
12:30 PM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm			
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM		CLOSED		CLOSED	Closed Programming 2-4pm	
3:00 PM						
3:30 PM			Open Swim 3-4pm			
4:00 PM						
4:30 PM		Swim Lessons 3:20-6pm	Swim Lessons 4-6pm	Swim Lessons 4-5:30pm		
5:00 PM						
5:30 PM					CLOSED	CLOSED FOR STAFF TRAINING
6:00 PM	Open Swim 5:30-7:15pm	CLOSED	CLOSED			
6:30 PM		Open Swim 6:30-7:15pm	Open Swim 6:30-7:15pm	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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