

## Main Pool Schedule

Penobscot Bay YMCA July 13-18 , 2026

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

[illegible]

## Therapy Pool Schedule

Penobscot Bay YMCA July 13-18 , 2026

|          | Monday                                                                                                                                                                                               | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|-----------|----------|--------|----------|
| 5:45 AM  | <div>Therapy Pool Update</div> <div>The Therapy Pool will remain close this week.</div> <div>Thank you for your continued patience and support as we invest in improving your YMCA experience.</div> |         |           |          |        |          |
| 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 |                                                                                                                                                                                                      |         |           |          |        |          |
| 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  |                                                                                                                                                                                                      |         |           |          |        |          |