

Main Pool Schedule							
Penobscot Bay YMCA August 17-22 , 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) 5:45-7am	CLOSED	
6:00 AM							
6:30 AM							
7:00 AM		Masters (4) Lap (3) Open (1) 7-8am			Masters (4) Lap (3) Open (1) 7-8am		
7:30 AM							
8:00 AM		Deep Water(3) Lap (5) 8-9am			Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8am-1pm	
8:30 AM							
9:00 AM	Aqua Fit (3) Lap (5) 9-10am	Splash Dance (2) Lap (6) 9-10am	Aqua Fit (3) Lap (5) 9-10am		Splash Dance (3) Lap (5) 9-10am		
9:30 AM							
10:00 AM	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 10am-4pmpm	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 5:45am-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		Swim Lessons(1) Lap(6) Open(1) 4-5:30pm	Lessons(4) Lap(4) 5:30-6:30pm	Swim Lessons(1) Lap(6) Open(1) 6:30-7:20pm			
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
630 PM							
7:00 PM							
7:15 PM							
	Circle Swimming				Swim Team	Water Exercise	
	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.				Lap Swim Open Swim	Swim Lessons	
					Masters	Reserved	
					Pool Schedule is subject to change without notice based on programming needs		

Therapy Pool Schedule						
Penobscot Bay YMCA August 17-22 , 2026						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM			CLOSED		CLOSED	
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						CLOSED
8:30 AM		CLOSED		CLOSED		
9:00 AM						
9:30 AM	CLOSED					
10:00 AM			Open Swim 10am-12pm			
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM			Closed Programming 12-3pm			
1:00 PM		Open Swim 1-3pm		Open Swim 1-3pm		
1:30 PM						
2:00 PM						
2:30 PM					Closed Programming 2-4pm	
3:00 PM						
3:30 PM		CLOSED				
4:00 PM	Open Swim 3:30-5:30pm	Swim Lessons 4-7:15pm	CLOSED	CLOSED	CLOSED	
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
630 PM	CLOSED					
7:00 PM						
7:15 PM						
				Water Exercise	Adult Swim	Swim Lessons
				Open Swim	Reserved Programming	
	Pool Schedule is subject to change without notice based on programming needs					