

Main Pool Schedule									
Penobscot Bay YMCA August 24-29 , 2026									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
5:45 AM	Lap (7) Open (1) 5:45am-7:15pm	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45am-7:15pm	Lap (7) Open (1) 5:45am-7:15pm	Lap (7) Open (1) 5:45-7am	CLOSED			
6:00 AM		Masters (4) Lap (3) Open (1) 7-8am			Masters (4) Lap (3) Open (1) 7-8am				
6:30 AM									
7:00 AM									
7:30 AM		Lap (7) Open (1) 8am-7:15pm			Lap (7) Open (1) 8am-1pm				
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		Lap (7) Open (1) 8am-7:15pm			Lap (7) Open (1) 8am-7:15pm	Lap (7) Open (1) 5:45am-7:15pm	Lap (7) Open (1) 5:45am-7:15pm	Lap (7) Open (1) 8am-7:15pm	CLOSED
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									
630 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.							Swim Team	Water Exercise
								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 24-29 , 2026						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	CLOSED	CLOSE	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	Open Swim 10:30am-12pm	Open Swim 10:30am-12pm	Open Swim 10:30am-12pm	CLOSED	CLOSED	
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	CLOSED	CLOSED	Closed Programming 12-3pm	Open Swim 1-2:30pm	Closed Programming 2-4pm	
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Open Swim 4-5:45PM	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	Swim Lessons	
				Open Swim	Reserved Programming	
	Pool Schedule is subject to change without notice based on programming needs					