

Main Pool Schedule

Penobscot Bay YMCA August 31-September 5 , 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		Masters (4) Lap (3) Open (1) 7-8am		Water Works!(3) Lap (5) 8-9am	Masters (4) Lap (3) Open (1) 7-8am			
6:30 AM								
7:00 AM		Deep Water(3) Lap (5) 8-9am	Aqua Fit (3) Lap (5) 9-10am		Lap (7) Open (1) 8-9am			
7:30 AM			Lap (7) Open (1) 9am-7:15pm	Splash Dance (2) Lap (6) 9-10am	Aqua Fit (3) Lap (5) 9-10am		Lap (7) Open (1) 8am-1pm	
8:00 AM	Aqua Fit (3) Lap (5) 9-10am	Splash Dance (2) Lap (6) 9-10am						
8:30 AM								
9:00 AM								
9:30 AM								
10:00 AM								
10:30 AM	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 9am-7:15pm	Lap (7) Open (1) 10am-7:15pm	CLOSED		
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								
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.

Pool Schedule is subject to change without notice based on programming needs

Swim Team	Water Exercise
Lap Swim	Swim Lessons
Open Swim	Reserved
Masters	

Therapy Pool Schedule

Penobscot Bay YMCA August 31-September 5 , 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				Joint Ventures 9-10m		
9:30 AM						
10:00 AM						
10:30 AM			Open Swim 10:30-12pm			
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM			Open Swim 12:30-2pm	Open Swim 12:30-2pm		
1:00 PM						
1:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	Programming 2:00-4pm	
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						

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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