Main Pool Schedule

Penobscot Bay YMCA November 9-14, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Lap (7) Open (1) 5:45-9am	Lap (7) Open (1) 5:45-7am	CLOSED VETERANS DAY	Lap (7) Open (1) 5:45-8am	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		Water Works! (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 (3) Lap (5) 9-10am		Lap (7) Open (1) 9am-3:30pm	Splash Dance (3) Lap (5) 9-10am	
9:30 AM						
10:00 AM	Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10am-3:30pm			Lap (7) Open (1) 10am-3:30pm	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Swim Team (5) Lap (3) 3:30-4:30pm	Swim Team (7) Lessons (1) 3:30-6:30pm		Swim Team (8) 3:30-4:30pm	Swim Team (5) Lap (3) 3:30-4:30pm	
4:00 PM						
4:30 PM	Swim Team (7) Open (1) 4:30-6pm			Swim Team (7) Open (1) 4:30-6pm	Swim Team (7) Open (1) 4:30-6pm	
5:00 PM						
5:30 PM						
6:00 PM	Swim Team (6) Lap (2) 6-7pm			Swim Team (6) Lap (2) 6-7pm	Swim Team (6) Lap (2) 6-7pm	
630 PM		Swim Team (6) 6:30-7pm				
7:00 PM	Lap (7) Open (1) 7-7:15pm	Lap (7) Open (1) 7-7:15pm		Lap (7) Open (1) 7-7:15pm	Lap (7) Open (1) 7-7:15pm	
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

Take Note

Therapy Pool Schedule

Penobscot Bay YMCA November 9-14, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	CLOSED	CLOSED	CLOSED VETERANS DAY	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 9-10am		
9:30 AM						
10:00 AM				CLOSED		Open Swim 10-1
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Swim 12-2pm	Open Swim 12-2pm		Open Swim 12-2pm	Open Swim 12-2pm	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	CLOSED	CLOSED		CLOSED	Closed Programming 2-4pm	
2:30 PM						
3:00 PM						
3:30 PM				Swim Lessons 3:45-4:15		
4:00 PM					CLOSED	
4:30 PM				CLOSED		
5:00 PM	Open Swim 5-7:15pm	Open Swim 6-7:15pm		Open Swim 5-7:15pm	Open Swim 4:30-6:30pm	
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

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