

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

Therapy Pool Schedule						
Penobscot Bay YMCA October 5-10, 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						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm	Open Swim 12-2pm	Open Swim 12-2pm	Open Swim 10:30am-1pm
12:30 PM						
1:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	Closed Programming 2-4pm	CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM	Open Swim 4-5:30pm	Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	Swim Lessons 3:45-5pm	Open Swim 4-5:30pm	
5:00 PM						
5:30 PM	CLOSED	Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	CLOSED	CLOSED	
6:00 PM						
630 PM						
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					