

Main Pool Schedule

Penobscot Bay YMCA October 26-31, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM		Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-8am	Lap (7) Open (1) 5:45-7am	
6:30 AM						
7:00 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	
7:30 AM	Lap (7) Open (1) 5:45-9am					
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	
8:30 AM						
9:00 AM	Aqua Fit (3) Lap (4) 9-10am	Splash Dance (3) Lap (5) 9-10am	Aqua Fit (3) Lap (4) 9-10am		Splash Dance (3) Lap (5) 9-10am	
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM				Lap (7) Open (1) 9am-3:30pm		
11:30 AM						
12:00 PM						
12:30 PM	Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10am-3:30pm		Lap (7) Open (1) 10am-3:30pm	
1:00 PM						
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Swim Team (5) Lap (3) 3:30-4:30pm	Blue Team(7) Swim Lessons (1) 3:45-4:30pm	Swim Team (5) Lap (3) 3:30-4:30pm	Blue Team(7) Lap (1) 3:45-4:30pm	Swim Team (5) Lap (3) 3:30-4:30pm	
4:00 PM						
4:30 PM						
5:00 PM		Swim Lessons (1) Swim Team (6) Lap (1) 4:30-6pm				
5:30 PM	Swim Team (6) Lap (2) 4:30-7pm		Swim Team (6) Lap (2) 4:30-7pm	Swim Team (6) Lap (2) 4:30-7pm	Swim Team (6) Lap (2) 4:30-7pm	
6:00 PM						
630 PM		Swim Team (5) Lap (3) 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	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.

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

Swim Team

Lap Swim

Open Swim

Masters

Water Exercise

Swim Lessons

Reserved

Therapy Pool Schedule

Penobscot Bay YMCA October 26-31, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM						
6:30 AM						
7:00 AM				CLOSED		
7:30 AM			CLOSED			
8:00 AM			CLOSED			
8:30 AM	CLOSED	CLOSED			CLOSED	
9:00 AM				Joint Ventures 9-10am		
9:30 AM						
10:00 AM			Open Swim 10-12pm	CLOSED		
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm	Open Swim 12-2pm	Open Swim 12-2pm	
1:00 PM						
1:30 PM						
2:00 PM				CLOSED	Closed Programming 2-4pm	
2:30 PM						
3:00 PM		CLOSED	CLOSED			
3:30 PM				Swim Lessons 3:45-5pm	CLOSED	
4:00 PM						
4:30 PM		Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	CLOSED		
5:00 PM						
5:30 PM	CLOSED				Open Swim 4:30-6:30pm	
6:00 PM						
630 PM			Open Swim 6:30-7:15pm	Open Swim 5:30-7:15pm		
7:00 PM		CLOSED			CLOSED	
7:15 PM						

Water Exercise

Open Swim

Adult Swim

Reserved
Programming

Swim Lessons

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