

Main Pool Schedule

Penobscot Bay YMCA April 13-18, 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			Lap (7) Open (1) 5:45-9am		Lap (7) Open (1) 5:45-8am
6:30 AM				Deep Water(3) Lap (4) Open(1) 8-9am			
7:00 AM		Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am		Lap (7) Open (1) 8-9am		
7:30 AM				Aqua Fit (3) Lap (4) Open (1) 9-10am			Aqua Fit (3) Lap (4) Open (1) 9-10am
8:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
8:30 AM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
9:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
9:30 AM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
10:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
10:30 AM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
11:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
11:30 AM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
12:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
12:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
1:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
1:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
2:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
2:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
3:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
3:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
4:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
4:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
5:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
5:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
6:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
6:30 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	
7:00 PM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am				
7:15 PM				Aqua Fit (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Lap (7) Open (1) 8-9am	

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	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA April 13-18, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday															
5:45 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED															
6:00 AM							CLOSED	CLOSED	CLOSED	CLOSED	CLOSED										
6:30 AM												CLOSED	CLOSED	CLOSED	CLOSED	CLOSED					
7:00 AM																	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
7:30 AM																					
8:00 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED																
8:30 AM						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED											
9:00 AM											CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
9:30 AM																CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
10:00 AM																					CLOSED
10:30 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED																
11:00 AM						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED											
11:30 AM											CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
12:00 PM																CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
12:30 PM																					CLOSED
1:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED																
1:30 PM						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED											
2:00 PM											CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
2:30 PM																CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
3:00 PM																					CLOSED
3:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED																
4:00 PM						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED											
4:30 PM											CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
5:00 PM																CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	
5:30 PM																					CLOSED
6:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED																
6:30 PM						CLOSED	CLOSED	CLOSED	CLOSED	CLOSED											
7:00 PM											CLOSED	CLOSED	CLOSED	CLOSED	CLOSED						
7:15 PM																CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved	

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