

# Main Pool Schedule

Penobscot Bay YMCA February 9-14, 2026

# Therapy Pool Schedule

Penobscot Bay YMCA February 9-14, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:45 AM							5:45 AM							
6:00 AM	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am			Lap (7) Open (1) 5:45-6:30am	Lap (7) Open (1) 5:45-7am	CLOSED	6:00 AM						
6:30 AM							6:30 AM							
7:00 AM	Swim Team (3) Lap (4) Open (1) 7-8am	Masters (4) Lap (3) Open (1) 7-8am			Swim Team (3) Lap (4) Open (1) 6:30-8am	Masters (4) Lap (3) Open (1) 7-8am		7:00 AM						
7:30 AM							7:30 AM							
8:00 AM	Lap (7) Open (1) 8-9am	Deep Water(3) Lap (4) Open(1) 8-9am			Water Works (3) Lap (4) Open(1) 8-9am	Lap (7) Open (1) 8-9am		8:00 AM						
8:30 AM							8:30 AM							
9:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Splash Dance (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am		Splash Dance(3) Lap (4) Open (1) 9-10am	Splash Dance(3) Lap (4) Open (1) 9-10am		9:00 AM						
9:30 AM							9:30 AM							
10:00 AM							10:00 AM	Adult Swim 10-11am						
10:30 AM							10:30 AM							
11:00 AM							11:00 AM							
11:30 AM							11:30 AM							
12:00 PM							12:00 PM	Open Swim 11-12pm	Adult Swim 11-12pm	Adult Swim 11-12pm				
12:30 PM							12:30 PM							
1:00 PM							1:00 PM							
1:30 PM							1:30 PM							
2:00 PM							2:00 PM	Closed						
2:30 PM							2:30 PM							
3:00 PM							3:00 PM							
3:30 PM							3:30 PM	Open Swim 3-5:30pm	Swim Lessons 3-5:15pm	Closed				
4:00 PM							4:00 PM							
4:30 PM							4:30 PM							
5:00 PM							5:00 PM							
5:30 PM	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm *Lessons (2) 5:45-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm		5:30 PM	Closed						
6:00 PM							6:00 PM							
6:30 PM	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm	Swim Team (6) Lap (1) Open (1) 6:30-7:15pm		6:30 PM	Open Swim 6-7:15pm	Open Swim 6-7:15pm	Open Swim 5:15-7:15pm	Open Swim 5:15-7:15pm	Open Swim 6-7:15pm		
7:00 PM							7:00 PM							
7:15 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.				Swim Team	Water Exercise						Water Exercise	Adult Swim	Swim Lessons
					Lap Swim Open Swim	Swim Lessons						Open Swim	Reserved Programming	
	Pool Schedule is subject to change without notice based on programming needs				Masters	Reserved		Pool Schedule is subject to change without notice based on programming needs						