

Main Pool Schedule							Therapy Pool Schedule						
Penobscot Bay YMCA February 9-14, 2026							Penobscot Bay YMCA February 9-14, 2026						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM				Lap (7) Open (1) 5:45-6:30am	Lap (7) Open (1) 5:45-7am	CLOSED	5:45 AM						
6:00 AM	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am					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	Lap (7) Open (1) 5:45-9am	Swim Team (3) Lap (4) Open (1) 6:30-8am	Masters (4) Lap (3) Open (1) 7-8am		7:00 AM				CLOSED		
7:30 AM							7:30 AM						CLOSED
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	Lap (7) Open (1) 8-9:30am	8:00 AM		CLOSED	CLOSED			
8:30 AM							8:30 AM					CLOSED	
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	Swim Lessons (2) Lap (5) Open (1) 9:30-11:30am	9:00 AM				Joint Ventures 9-9:45am		Swim Lessons 9:45-10:30am
9:30 AM							9:30 AM						
10:00 AM							10:00 AM	Adult Swim 10-11am			Adult Swim 10-11am		Closed
10:30 AM							10:30 AM						
11:00 AM				Lap (7) Open (1) 9-4pm			11:00 AM	Open Swim 11-12pm	Adult Swim 11-12pm	Adult Swim 11-12pm			Open Swim 11-1pm
11:30 AM					Lap (7) Open (1) 10-4pm		11:30 AM						
12:00 PM							12:00 PM						
12:30 PM	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm	Lap (7) Open (1) 10-4pm				12:30 PM						
1:00 PM							1:00 PM						
1:30 PM							1:30 PM						
2:00 PM							2:00 PM						
2:30 PM							2:30 PM	Closed					
3:00 PM							3:00 PM						
3:30 PM							3:30 PM	Open Swim 3-5:30pm		Swim Lessons 3-5:15pm			
4:00 PM							4:00 PM						
4:30 PM	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm	Swim Team (8) 4-6:30pm		4:30 PM				Closed	Open Swim 4-5:30pm	
5:00 PM		*Lessons (2) 5:45-6:30pm					5:00 PM						
5:30 PM							5:30 PM	Closed				Closed	
6:00 PM							6:00 PM						
630 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		630 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						
					Swim Team	Water Exercise					Water Exercise	Adult Swim	Swim Lessons
											Open Swim	Reserved Programming	
					Lap Swim Open Swim	Swim Lessons							
	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					