

Main Pool Schedule										
Penobscot Bay YMCA September 21-26, 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) 5:45am-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					
6:30 AM										
7:00 AM		Deep Water(3) Lap (5) 8-9am		Water Works! (3) Lap (5) 8-9am	Lap (7) Open (1) 8-9am					
7:30 AM										
8:00 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	Lap (7) Open (1) 8am-1pm				
8:30 AM										
9:00 AM										
9:30 AM										
10:00 AM										
10:30 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	CLOSED				
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 (2) Lap (6) 4-5pm								
4:30 PM										
5:00 PM	Swim Team (6) Lap (2) 5-6pm	Swim Lessons (2) Swim Team(6) 5-6pm	Swim Team (6) Lap (2) 5-6pm	Swim Team (6) Lap (2) 5-6pm						
5:30 PM	Lap (7) Open (1) 6-7:15pm	Swim Lessons (2) Lap (6) 6-6:30pm	Lessons (1) Lap (6) Open (1) 6-6:45pm	Lessons (1) Lap (6) Open (1) 6-6:45pm						
6:00 PM										
630 PM		Lap (7) Open (1) 6:30-7:15pm	Lap (7) Oen (1) 6:45-7:15pm	Lap (7) Oen (1) 6:45-7:15pm						
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 Open Swim	Swim Lessons				
					Masters	Reserved				
	Pool Schedule is subject to change without notice based on programming needs									

Therapy Pool Schedule						
Penobscot Bay YMCA September 21-26, 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			Joint Ventures 9-10am			
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM			Open Swim 10-12pm	CLOSED		
12:00 PM						
12:30 PM	Open Swim 12-2pm	Open Swim 12-2pm	Open Swim 12-2pm	Open Swim 12-2pm		
1:00 PM	CLOSED	CLOSED	Closed Programming 12-3pm	Open Swim 12-2pm	Open Swim 12-2pm	
1:30 PM						
2:00 PM			CLOSED	Closed Programming 2-4pm		
2:30 PM						
3:00 PM		CLOSED	Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	CLOSED	
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	CLOSED	CLOSED	Open Swim 5:30-7:15pm	CLOSED		
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					