

Main Pool Schedule

Penobscot Bay YMCA June 22-27, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM						
6:30 AM	Lap (7) Open (1) 5:45am-8am	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45am-8am	Lap (7) Open (1) 5:45am-8am	Lap (7) Open (1) 5:45-7am	CLOSED
7:00 AM		Masters (4) Lap (3) Open (1) 7-8am			Masters (4) Lap (3) Open (1) 7-8am	
7:30 AM						
8:00 AM	Swim Team (5) Lap (2) Open (1) 8-9:30am	Swim Team (5) Lap (2) Open (1) 8-9:30am	Swim Team (5) Lap (2) Open (1) 8-9:30am	Swim Team (5) Lap (2) Open (1) 8-9:30am	Swim Team (5) Lap (2) Open (1) 8-9:30am	Lap (7) Open (1) 8-10am
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	Lap (5) Open (3) 9:30am-2pm	Lap (5) Open (3) 9:30am-2pm				Lap (5) Open (3) 10am-1pm
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM				CLOSED 10am - 4pm		
1:30 PM						
2:00 PM	Camp (4) Lap (2) Open (2) 2-3pm	Camp (4) Lap (2) Open (2) 2-3pm	Lap (5) Open (3) 9:30am-7:15pm		Lap (5) Open (3) 9:30am-7:15pm	
2:30 PM						
3:00 PM						
3:30 PM						CLOSED
4:00 PM						
4:30 PM						
5:00 PM	Lap (5) Open (3) 3-7:15pm	Lap (5) Open (3) 3-7:15pm				
5:30 PM				Lap (5) Open (3) 4-7:15pm		
6:00 PM						
6:30 PM						
7:00 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.

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

Swim Team	Water Exercise
Lap Swim	Swim Lessons
Open Swim	
Masters	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA June 22-27, 2026

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

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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