

Main Pool Schedule

Penobscot Bay YMCA July 20-25, 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) 5:45-7am	CLOSED			
6:00 AM									
6:30 AM									
7:00 AM		Masters (4) Lap (3) Open (1) 7-8am							
7:30 AM		Deep Water(3) Lap (4) Open(1) 8-9am							
8:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Splash Dance (2) Lap (5) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am		Lap (7) Open (1) 8-9am	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-7:15pm	Lap (7) Open (1) 10am-4pm	Lap (7) Open (1) 10am-7:15pm	Lap (7) Open (1) 5:45am-7:15pm	Lap (7) Open (1) 9-10am				
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		Lessons(3) Lap(5) 4-5pm							
4:30 PM									
5:00 PM		Lessons(4) Lap(4) 5-6:45pm							
5:30 PM									
6:00 PM		Lessons (3) Lap (5) 6:45-7:20pm							
6:15 PM									
630 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 July 20-25 , 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Therapy Pool Update The Therapy Pool will remain closed this week. Thank you for your continued patience and support as we invest in improving your YMCA experience.					
6:00 AM						
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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