

Main Pool Schedule

Penobscot Bay YMCA July 27-August 1, 2026

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

Therapy Pool Schedule

Penobscot Bay YMCA July 27-August 1, 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						
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2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
6:15 PM						
630 PM						
7:00 PM						
7:15 PM						
				Water Exercise Open Swim	Adult Swim Reserved Programming	Swim Lessons
	Pool Schedule is subject to change without notice based on programming needs					

Therapy Pool Update:

We are hopeful that the Therapy Pool will open toward the end of the week.

We will post an update online the day before it opens.

Please check in at the Welcome Desk before your swim.