

Main Pool Schedule

Penobscot Bay YMCA September 14-19, 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							
6:30 AM							
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		Deep Water(3) Lap (5) 8-9am		Water Works! (3) Lap (5) 8-9am	Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8am-1pm	
8:30 AM							
9:00 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
9:30 AM							
10:00 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-5pm		
10:30 AM							
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	Swim Team (6) Lessons (1) Lap (1) 5-6pm	Swim Lessons (2) Swim Team(6) 5-6pm	Swim Team (6) Lap (2) 5-6pm	Swim Team (6) Lap (2) 5-6pm	Swim Team (6) Lap (2) 5-6pm	CLOSED	
5:00 PM							
5:30 PM							
6:00 PM							
630 PM							
7:00 PM	Lap (7) Open (1) 6-7:15pm	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6-7:15pm	Lap (7) Open (1) 6-7:15pm	Lap (7) Open (1) 6-7:15pm		
7:15 PM							
	Circle Swimming				Swim Team	Water Exercise	
	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	Swim Lessons	
					Open Swim		
					Masters	Reserved	
	Pool Schedule is subject to change without notice based on programming needs						

Therapy Pool Schedule

Penobscot Bay YMCA September 14-19, 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							
9:30 AM							
10:00 AM							
10:30 AM							
11:00 AM							
11:30 AM							
12:00 PM							
12:30 PM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm	Open Swim 12-2pm	Open Swim 12-2pm		
1:00 PM							
1:30 PM							
2:00 PM							
2:30 PM	CLOSED	CLOSED	CLOSED	CLOSED	Closed Programming 2-4pm		
3:00 PM							
3:30 PM							
4:00 PM							
4:30 PM							
5:00 PM							
5:30 PM							
6:00 PM							
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							