

Main Pool Schedule

Penobscot Bay YMCA Sept. 28-Oct. 3, 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								
6:30 AM										
7:00 AM		Deep Water(3) Lap (5) 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	Water Works! (3) Lap (5) 8-9am	Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8am-1pm				
8:30 AM					Lap (7) Open (1) 10am-4pm					
9:00 AM										
9:30 AM	Lap (7) Open (1) 10am-4pm	Lap (7) Open (1) 10am-4pm	LG Re-cert (2) Lap (5) Open (1) 10am-12pm	Lap (7) Open (1) 9am-5pm	Splash Dance (3) Lap (5) 9-10am					
10:00 AM										
10:30 AM			Lap (7) Open (1) 12-4pm		Lap (7) Open (1) 10am-7:15pm					
11:00 AM										
11:30 AM										
12:00 PM			Lap (7) Open (1) 10am-7:15pm							
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM										
4:00 PM	Try the Team (5) Lap (2) Open (1) 4-5pm	Swim Lessons (2) Try the Team (5) Lap (1) 4-5pm	Try the Team (5) Lap (2) Open (1) 4-5pm		CLOSED					
4:30 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						
5:00 PM										
5:30 PM										
6:00 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						
630 PM		Lap (7) Open (1) 6:30-7:15pm								
7:00 PM		Lap (7) Open (1) 6:45-7:15pm	Lap (7) Open (1) 6:45-7:15pm							
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

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	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			Lifeguard Re-cert Class 9-10am	Joint Ventures 9-10am				
9:30 AM								
10:00 AM			Open Swim 10am-12pm	CLOSED		Open Swim 10:30am-1pm		
10:30 AM								
11:00 AM			Closed Programming 12-3pm	Open Swim 12-2pm	Open Swim 12-2pm			
11:30 AM								
12:00 PM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm	Open Swim 12-2pm				
12:30 PM								
1:00 PM	CLOSED	CLOSED	CLOSED	Closed Programming 2-4pm	CLOSED			
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM		Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	Swim Lessons 3:45-5pm		CLOSED		
4:30 PM								
5:00 PM	Open Swim 5-7:15pm	Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	CLOSED		CLOSED		
5:30 PM								
6:00 PM		Open Swim 5:30-7:15pm	Open Swim 5:30-7:15pm					
630 PM								
7:00 PM								
7:15 PM								

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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