Main Pool Schedule

Penobscot Bay YMCA November 2-7, 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) 5:45-7am	Lap (7) Open (1) 5:45-8am	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		Masters (4) Lap (3) Open (1) 7-8am	
7:30 AM						
8:00 AM		Deep Water(3) Lap (5) 8-9am	Lap (7) Open (1) 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	Lap (7) Open (1) 9am-3:30pm	Splash Dance (3) Lap (5) 9-10am	
9:30 AM						
10:00 AM	Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10am-3:30pm		Lap (7) Open (1) 10am-3:30pm	
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Swim Team (5) Lap (3) 3:30-4:30pm	Swim Team (8) 3:30-4:30pm	Swim Team (5) Lap (3) 3:30-4:30pm	Swim Team (8) 3:30-4:30pm	Swim Team (5) Lap (3) 3:30-4:30pm	
4:00 PM						
4:30 PM	Swim Team (7) Open (1) 4:30-6pm	Swim Team (7) Open (1) 4:30-6pm	Swim Team (7) Open (1) 4:30-6pm	Swim Team (7) Open (1) 4:30-6pm	Swim Team (7) Open (1) 4:30-6pm	
5:00 PM						
5:30 PM						
6:00 PM	Swim Team (6) Lap (1) Open (1) 6-7pm	Swim Team (6) Lap (1) Open (1) 6-7pm	Swim Team (6) Lap (1) Open (1) 6-7pm	Swim Team (6) Lap (1) Open (1) 6-7pm	Swim Team (6) Lap (1) Open (1) 6-7pm	
630 PM						
7:00 PM	Lap (7) Open (1) 7-7:15pm	Lap (7) Open (1) 7-7:15pm	Lap (7) Open (1) 7-7:15pm	Lap (7) Open (1) 7-7:15pm	Lap (7) Open (1) 7-7:15pm	
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 Open Swim	Swim Lessons
Masters	Reserved
Take Note	

Therapy Pool Schedule

Penobscot Bay YMCA November 2-7, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Lifeguard Certification Course 8-5
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM				Joint Ventures 9-10am		
9:30 AM						
10:00 AM			Open Swim 10am-12pm	CLOSED		
10:30 AM						
11:00 AM						
11:30 AM						
12:00 PM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm	Open Swim 12-2pm	Open Swim 12-2pm	
12:30 PM						
1:00 PM						
1:30 PM						
2:00 PM	CLOSED	CLOSED		CLOSED	Closed Programming 2-4pm	
2:30 PM						
3:00 PM			Open Swim 4:30-6:30pm			
3:30 PM						
4:00 PM		Swim Lessons 4-6pm			CLOSED	
4:30 PM						
5:00 PM	Open Swim 5-7:15pm			Open Swim 5-7:15pm	Lifeguard Certification Course 5-7	
5:30 PM						
6:00 PM		Open Swim 6- 7:15 PM				
630 PM			CLOSED			
7:00 PM					CLOSED	
7:15 PM						

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	Take Note

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