

Main Pool Schedule

Penobscot Bay YMCA August 3-8, 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-9am	Lap (7) Open (1) 5:45-7am	CLOSED			
6:00 AM		Masters (4) Lap (3) Open (1) 7-8am			Lap (3) Open (1) 7-8am				
6:30 AM					Lap (7) Open (1) 8-9am				
7:00 AM		Deep Water(3) Lap (4) Open(1) 8-9am			Lap (7) Open (1) 8-9am				
7:30 AM									
8:00 AM	Aqua Fit (3) Swim Camp (5) 9-10am	Splash Dance (2) Swim Camp (5) Lessons (1) 9-10am	Aqua Fit (3) Swim Camp (4) Lessons (1) 9-10am	Swim Camp (5) Lap (3) Open (1) 9-12am	Splash Dancce(3) Swim Camp (5) 9-10am	Lap (7) Open (1) 8-1pm			
8:30 AM					Swim Camp (5) Lap (2) Open (1) 10-12pm				
9:00 AM									
9:30 AM									
10:00 AM									
10:30 AM	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 12-4pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 12-7:15pm	Swim Camp MOCK MEET (6) Lap (2) 1-3pm	CLOSED			
11:00 AM									
11:30 AM									
12:00 PM									
12:30 PM									
1:00 PM	Lap (7) Open (1) 12-7:15pm	Lessons(1) Lap (6) Open (1) 4-5pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 3-7:15pm				
1:30 PM									
2:00 PM									
2:30 PM									
3:00 PM									
3:30 PM	Lap (7) Open (1) 12-7:15pm	Lessons(4) Lap(4) 5:10-5:50pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 3-7:15pm	CLOSED			
4:00 PM									
4:30 PM									
5:00 PM									
5:30 PM									
6:00 PM	Lap (7) Open (1) 12-7:15pm	Lessons(4) Lap(4) 5:50-6:40pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 12-7:15pm	Lap (7) Open (1) 3-7:15pm				
6:15 PM									
630 PM									
7:00 PM									
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				ALL LANES RESERVED FOR PROGRAMS				

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						
9:30 AM						
10:00 AM						
10:30 AM						
11:00 AM	Open Swim 11am-1pm	Open Swim 11am-1pm	Open Swim 11am-12pm	Open Swim 11am-1pm	CLOSED	
11:30 AM						
12:00 PM	Swim Camp 1-2pm	Swim Camp 1-2pm	Closed Programming 12-3pm	Swim Camp 1-2pm		Open Swim 1-2
12:30 PM						
1:00 PM	CLOSED	CLOSED	CLOSED	CLOSED		CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Swim Lessons 4-7:20pm	Swim Lessons 4-7:20pm	CLOSED	CLOSED	CLOSED	
6:15 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					