Main Pool Schedule

Penobscot Bay YMCA May 25-30, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Closed for Memorial Day	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-9am	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	
7:30 AM						
8:00 AM		Deep Water(3) Lap (4) Open(1) 8-9am		Water Works (3) Lap (4) Open(1) 8-9am	Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8am-12 pm
8:30 AM						
9:00 AM		Splash Dance (3) Lap (4) Open (1) 9-10am	Aqua Fit (3) Lap (4) Open (1) 9-10am	CLOSED for new lift instillation 9-5:30pm	Splash Dance(3) Lap (4) Open (1) 9-10am	
9:30 AM						
10:00 AM		Lap (7) Open (1) 10am-4pm	Lap (7) Open (1) 10am-5:30pm		Lap (7) Open (1) 10-4:30pm	LG Class (2) Lap(5) Open(1) 12-1pm
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						
4:00 PM		Lessons(1) Lap(6) Open(1) 4-5:30pm			LG Class (2) Lap (5) Open (1) 4:30-5:30pm	
4:30 PM						
5:00 PM						
5:30 PM		Swim Team (5) Lessons(1) Lap(2) 5:30-6:30pm	Swim Team (5) Lessons(3) 5:45-6:30pm	Swim Team (5) Lap (2) Open (1) 5:30-6:30pm	Swim Team (5) Lap (2) Open (1) 5:30-6:30pm	
6:00 PM						
630 PM		Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	Lap (7) Open (1) 6:30-7:15pm	
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 | Water Exercise
Lap Swim Open Swim | Swim Lessons
Masters | Reserved

Schedule may change.Please contact our Welcome Desk @ 207-236-3375 to check availablity.
Lane Line may be adjusted 5 minutes before or after class to allow for a smooth transition of activiites.

Therapy Pool Schedule

Penobscot Bay YMCA May 25-30, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Closed for Memorial Day	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				Joint Ventures 9-9:45am		Swim Lessons 9-10:30am
9:30 AM						
10:00 AM				CLOSED for new lift instillation 9:45-4:00pm	Swim Lessons 10-11:30am	Open Swim 10:30am-1pm
10:30 AM		Adult Swim 11am-12pm	Adult Swim 11am-12pm		Adult Swim 11:30am-12:30pm	
11:00 AM						
11:30 AM						
12:00 PM		Open Swim 12-2pm	Closed Programming 12-3pm		Open Swim 12:30-2pm	
12:30 PM						
1:00 PM		CLOSED			Closed Programming 2-4pm	CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM		Swim Lessons 3:20-6pm	CLOSED			
3:30 PM						
4:00 PM			Swim Lessons 4-6pm	Swim Lessons 4-5:30pm	Closed for Lifeguard Certification Class 4-7pm	
4:30 PM						
5:00 PM				CLOSED		
5:30 PM			CLOSED			
6:00 PM		Open Swim 6-7:15pm	Open Swim 6:30-7:15pm	Open Swim 6-7:15pm		
630 PM						
7:00 PM						
7:15 PM						

Water Exercise | Adult Swim
Open Swim | Reserved Programming
Swim Lessons

Schedule may change.Please contact our Welcome Desk @ 207-236-3375 to check availablity.
Programming may be adjusted 5 minutes before or after class to allow for a smooth transition of activiites