

Main Pool Schedule

Penobscot Bay YMCA October 12-17 , 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLES' DAY		Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am	Lap (7) Open (1) 5:45-7am	CLOSED
6:00 AM				Lap (7) Open (1) 5:45-8am		
6:30 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	
7:00 AM						
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) 8-8:30am
8:30 AM						Swim Lessons (1) Lap (6) Open (1) 8:30-10:30am
9:00 AM		Splash Dance (3) Lap (5) 9-10am	Aqua Fit (3) Lap (4) 9-10am		Splash Dance (3) Lap (5) 9-10am	
9:30 AM						
10:00 AM		Lap (7) Open (1) 10am-11am				
10:30 AM						
11:00 AM		Swim Lessons (1) Lap (6) Open (1) 11am-1pm		Lap (7) Open (1) 9am-3:30pm		
11:30 AM			Lap (7) Open (1) 10am-3:30pm		Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10:30am-1pm
12:00 PM						
12:30 PM						
1:00 PM		Lap (7) Open (1) 1-3:30pm				
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM		Blue Team(7) Swim Lessons (1) 3:45-4:30pm		Blue Team(7) Swim Lessons (1) 3:45-4:30pm		
4:00 PM						
4:30 PM		Swim Lessons (1) Swim Team (6) Lap (1) 4:30-6pm	Swim Team (6) Lap (2) 3:30-7pm	Swim Lessons (1) Swim Team (6) Lap (1) 4:30-6pm	Swim Team (6) Lap (2) 3:30-7pm	CLOSED
5:00 PM						
5:30 PM						
6:00 PM		Swim Team (6) Lap (2) 6:30-7pm		Swim Team (6) Lap (2) 6:30-7pm		
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	
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

Penobscot Bay YMCA October 12-17 , 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	CLOSED IN OBSERVANCE OF INDIGENOUS PEOPLES' DAY					
6:00 AM						
6:30 AM						
7:00 AM				CLOSED		
7:30 AM						
8:00 AM			CLOSED			CLOSED
8:30 AM		CLOSED			CLOSED	
9:00 AM				Joint Ventures 9-10am		
9:30 AM						
10:00 AM						
10:30 AM			Open Swim 10:30-12pm	CLOSED		
11:00 AM						
11:30 AM						Open Swim 11-1pm
12:00 PM		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						
2:30 PM						
3:00 PM		CLOSED	CLOSED		CLOSED	CLOSED
3:30 PM				Swim Lessons 3:45-5pm		
4:00 PM					Open Swim 4-5:30pm	
4:30 PM		Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm			
5:00 PM						
5:30 PM						
6:00 PM				CLOSED	CLOSED	
630 PM		CLOSED	CLOSED			
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