

Main Pool Schedule										
Penobscot Bay YMCA October 19-24, 2026										
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday				
5:45 AM		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	Lap (7) Open (1) 5:45-9am		Masters (4) Lap (3) Open (1) 7-8am		Masters (4) Lap (3) Open (1) 7-8am		Masters (4) Lap (3) Open (1) 7-8am			
6:30 AM										
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	Aqua Fit (3) Lap (4) 9-10am	Splash Dance (3) Lap (5) 9-10am	Aqua Fit (3) Lap (4) 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	Lap (7) Open (1) 10am-3:30pm	Lap (7) Open (1) 10:30am-1pm			
10:30 AM										
11:00 AM										
11:30 AM										
12:00 PM						CLOSED				
12:30 PM										
1:00 PM										
1:30 PM										
2:00 PM										
2:30 PM										
3:00 PM										
3:30 PM	Swim Team (6) Lap (2) 3:30-7pm	Blue Team(7) Swim Lessons (1) 3:45-4:30pm	Swim Team (6) Lap (2) 3:30-7pm	Blue Team(7) Lap (1) 3:45-4:30pm	Swim Team (6) Lap (2) 3:30-7pm					
4:00 PM										
4:30 PM		Swim Lessons (1) Swim Team (6) Lap (1) 4:30-6pm		Swim Team (6) Lap (2) 4:30-7pm						
5:00 PM										
5:30 PM		Swim Team (6) Lap (2) 6:30-7pm								
6:00 PM										
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				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									

Therapy Pool Schedule						
Penobscot Bay YMCA October 19-24, 2026						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
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 10-12pm	CLOSED	CLOSED	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						
2:30 PM				CLOSED		
3:00 PM						
3:30 PM		CLOSED	CLOSED	Swim Lessons 3:45-5pm	CLOSED	
4:00 PM						
4:30 PM		Swim Lessons 4-6:30pm	Swim Lessons 4-6:30pm	CLOSED	Open Swim 4-6:00pm	
5:00 PM						
5:30 PM						
6:00 PM						
630 PM						
7:00 PM		CLOSED	Open Swim 6:30-7:15pm	Open Swim 5:30-7:15pm		
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					