

Main Pool Schedule

Penobscot Bay YMCA June 15-20, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM		Lap (7) Open (1) 5:45-7am		Lap (7) Open (1) 5:45-8am		CLOSED
6:30 AM						
7:00 AM	Lap (7) Open (1) 5:45-9am	Masters (4) Lap (3) Open (1) 7-8am	Lap (7) Open (1) 5:45-9am			
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) 8-10:30am
8:30 AM						
9:00 AM	Aqua Fit (4) Lap (4) 9-10am	Splash Dance (3) Lap (4) Open (1) 9-10am	Aqua Fit (4) Lap (4) 9-10am			
9:30 AM						
10:00 AM		Coast Guard (1) Lap (6) Open (1) 10am-4pm				
10:30 AM	LG Waterfront(4) Lap(4) 10am-12pm					Closed for Pool Maintenance
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM						
1:30 PM	Lap (7) Open (1) 12-5:30pm		Lap (7) Open (1) 10am-5:30pm			
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Lessons(1) Lap(6) Open(1) 4-5:30pm				
4:30 PM						
5:00 PM						
5:30 PM	Swim Team (5) Lap (2) Open (1) 5:30-6:30pm	Swim Team (5) Lessons(1) Lap(2) 5:30-6:30pm	Swim Team (4) Lesson(2) Lap (2) 5:30-6:30pm	Swim Team (5) Lap (2) Open (1) 5:30-6:30pm		
6:00 PM						
6:30 PM	Lap (7) Open (1) 6:15-7:15pm	Lap (7) Open (1) 6:15-7:15pm	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.

Pool Schedule is subject to change without notice based on programming needs

Swim Team	Water Exercise
Lap Swim	Swim Lessons
Open Swim	Swim Lessons
Masters	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA 15-20, 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM						
6:30 AM						
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM						
9:00 AM						
9:30 AM				Joint Ventures 9-9:45am		Swim Lessons 9-10:05am
10:00 AM						
10:30 AM	Camp 10-11am	Camp 10-11am	Camp 10-11am	Adult Swim 10-11am		Closed for Pool Maintenance
11:00 AM	Adult Swim 11am-12pm	Adult Swim 11am-12pm	Adult Swim 11am-12pm	Camp 11am-12pm		
11:30 AM						
12:00 PM	Open Swim 12-1pm	Open Swim 12-1pm				
12:30 PM						
1:00 PM			Closed Programming 12-3pm			
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM						
4:00 PM		Swim Lessons 3:20-6pm				
4:30 PM			Swim Lessons 4-6pm	Swim Lessons 4-6pm		
5:00 PM						
5:30 PM						
6:00 PM	Open Swim 5:30-7:15pm	Open Swim 6-7:15pm		Open Swim 6-7:15pm		
6:30 PM						
7:00 PM						
7:15 PM						

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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