

Main Pool Schedule

Penobscot Bay YMCA May 4-9, 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) 5:45-8am	Lap (7) Open (1) 5:45-7am	CLOSED		
6:00 AM		Masters (4) Lap (3) Open (1) 7-8am			Lap (7) Open (1) 5:45-9am		Lap (7) Open (1) 5:45-8am	Masters (4) Lap (3) Open (1) 7-8am
6:30 AM								
7:00 AM								
7:30 AM								
8:00 AM	Aqua Fit (3) Lap (4) Open (1) 9-10am	Deep Water(3) Lap (4) Open(1) 8-9am	Aqua Fit (3) Lap (4) Open (1) 9-10am	Water Works (3) Lap (4) Open(1) 8-9am	Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8-1pm		
8:30 AM		Splash Dance (3) Lap (4) Open (1) 9-10am		Aqua Fit (3) Lap (4) Open (1) 9-10am	Splash Dance(3) Lap (4) Open (1) 9-10am			
9:00 AM								
9:30 AM								
10:00 AM		Lap (7) Open (1) 10am-5:30pm	Lap (7) Open (1) 10am-4pm	Lap (7) Open (1) 10am-5:30pm	Lap (7) Open (1) 9am-5:30pm		Lap (7) Open (1) 10am-5:30pm	
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM								
1:00 PM								
1:30 PM								
2:00 PM								
2:30 PM								
3:00 PM								
3:30 PM								
4:00 PM	Swim Team (5) Lap (2) Open (1) 5:30-6:30pm	Lessons(1) Lap(6) Open(1) 4-5:30pm	Swim Team (4) Lesson(4) 5:30-6:30pm	Swim Team (5) Lap (2) Open (1) 5:30-6:30	Swim Team (5) Lap (2) Open (1) 5:30-6:30	CLOSED		
4:30 PM								
5:00 PM								
5:30 PM								
6:00 PM								
6:30 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	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	Reserved
Masters	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA May 4-9, 2026

	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	Adult Swim 11am-12pm	Adult Swim 11am-12pm	Adult Swim 11am-12pm	Open Swim 11-1pm	Swim Lessons 10-11:30am	Swim Lessons 9-10:05am
8:30 AM						
9:00 AM						
9:30 AM						
10:00 AM						
10:30 AM	Open Swim 12-2pm	Open Swim 12-2pm	Closed Programming 12-3pm	Open Swim 11-1pm	CLOSED	Open Swim 10:30-12:15pm
11:00 AM						
11:30 AM						
12:00 PM						
12:30 PM						
1:00 PM	CLOSED	CLOSED	Closed Programming 12-3pm	CLOSED	CLOSED	CLOSED
1:30 PM						
2:00 PM						
2:30 PM						
3:00 PM						
3:30 PM	Open Swim 3-5:30pm	Swim Lessons 3:20-6pm	Swim Lessons 4-6pm	Swim Lessons 4-5:30pm	CLOSED	Open Swim 4-7:15pm
4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM	Open Swim 6-7:15pm	Open Swim 6:30-7:15pm	Open Swim 6:30-7:15pm	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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