

Main Pool Schedule

Penobscot Bay YMCA September 7-12 , 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
5:45 AM	Closed For Labor Day		Lap (7) Open (1) 5:45-9am	Lap (7) Open (1) 5:45am-7:15pm	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 (5) 8-9am	Aqua Fit (3) Lap (5) 9-10am	Water Works! (3) Lap (5) 8-9am	Lap (7) Open (1) 8-9am	Lap (7) Open (1) 8am-1pm		
8:30 AM								
9:00 AM		Splash Dance (3) Lap (5) 9-10am					Splash Dance (3) Lap (5) 9-10am	
9:30 AM					Lap (4) MCST (3) Open (1) 10am-1:00pm		Lap (7) Open (1) 9am-7:15pm	Lap (7) Open (1) 10am-7:15pm
10:00 AM		Lap (7) Open (1) 10am-5:50pm						
10:30 AM								
11:00 AM								
11:30 AM								
12:00 PM								
12:30 PM						CLOSED		
1:00 PM								
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	Lap (7) Open (1) 1:00-7:15pm	Lap (7) Open (1) 10am-7:15pm	CLOSED		
4:30 PM								
5:00 PM								
5:30 PM			Lessona (2) Lap (5) Open (1) 5:30-6:30pm					
6:00 PM								
630 PM			Lessons(1) Lap(6) 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	
Masters	Reserved

Therapy Pool Schedule

Penobscot Bay YMCA September 7-12 , 2026

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM	Closed For Labor 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						
9:30 AM						
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4:00 PM						
4:30 PM						
5:00 PM						
5:30 PM						
6:00 PM						
630 PM						
7:00 PM						
7:15 PM						

Water Exercise	Adult Swim	Swim Lessons
Open Swim	Reserved Programming	

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