



CASCO BAY BRANCH

Pools Program Schedules: September 3rd - November 2nd

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Lap Pool Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-9:15am Water Exercise Lanes	8:00-9:15am Water Exercise Lanes	8:00-9:15am Water Exercise Lanes	8:00-9:15am Water Exercise Lanes	8:00-9:15am Water Exercise Lanes		9:00-11:00am Water Exercise Lanes
9:15-10:00am Aquasize (Meg)	9:15-10:00am Aquasize (Meg)	9:15-10:00am Aquasize (Meg)	9:15-10:00am Aquasize (Meg)	9:15-10:00am Aquasize (Meg)	8:30-9:30am Liquid Toning (Diane)	
						11-12:00pm Water Fitness (Marianne)
	5:30-6:30pm Aquasize (Cathy)		5:30-6:30pm Hydro Blast (Marianne)			

Therapy Pool Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-8:00am Adult Swim	6:00-8:00am Adult Swim	6:00-8:00am Adult Swim	6:00-8:00am Adult Swim	6:00-8:00am Adult Swim	7:00-8:00am Adult Swim	
8:00-9:00am Water Tai Chi (Karen)	8:00-8:45am Six Pack Abs (Carolyn)	8:00-8:45am Water Walking (Carolyn)	8:00-8:45am Six Pack Abs (Carolyn)	8:00-9:00am Water Tai Chi (Karen)		9:00-10:00am Adult Swim
10:00-11:00am Arthritis (Ann M.)	10:00-11:00am Arthritis (Carolyn)	10:00-11:00am Arthritis (Carolyn)	10:00-11:00am Arthritis (Carolyn)	10:00-11:00am Arthritis (Ann M.)		
11:00-12:00am Adult Therapy Lane		11:00-12:00n Adult Therapy Lane				
				12:00-1:00pm Adult Therapy Lane		

SHOWERS ARE MANDATORY BEFORE ENTERING POOL AREA | PLEASE NOTE: The pool schedule is subject to change and lane availability may vary without notice.

ADULT THERAPY means a lap lane is placed in the small pool for adults to do therapy and laps on one side, and there is open swim on the other side.

Casco Bay Branch
YMCA OF SOUTHERN MAINE
14 Old S Freeport Rd, Freeport, ME
207.865.9600 | ymcaofsouthernmaine.org

Get text notifications for closures and cancellations: Text @CBYAQU TO 81010.

SPLASH PARTY: Come celebrate any special occasion with a Splash Party! Contact bstcyr@ymcaofsouthernmaine.org for more information.

POOL CLOSURES:

SWIM TEST POLICY: A swim test is required for those ages 15 and under. Please see the lifeguard to take a swim test. If you do not pass the swim test, you must wear an orange bracelet. If you pass the swim test, you must wear a green bracelet. This helps the lifeguards identify swimmers and non-swimmers. **All children under 7 years must have a parent in the water with them and be within arm's reach at all times, even if they have passed the swim test.** Bracelets are given out at the front desk before entry to the pool. If you enter the pool without a bracelet, we will assume you are a non-swimmer. You must then take the swim test, or return to the front desk to receive your bracelet.