



CASCO BAY BRANCH

Therapy Pool Open Swim Schedules: September 3rd - November 2nd

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THERAPY POOL - OPEN SWIM							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim		
7:00AM	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	Adult Swim	
8:00AM						Open Swim	
9:00AM						Open Swim	Adult Swim
10:00AM							Open Swim
11:00AM	*Open Swim		*Open Swim		*Open Swim		Open Swim
NOON					*Open Swim	Open Swim	
1:00PM	Open Swim	Open Swim	Open Swim		Open Swim	Open Swim	Open Swim
2:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
3:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim
4:00PM						Open Swim	Pool Closed
5:00PM						Open Swim	
6:00PM	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Pool Closed	
7:00PM	7pm Open Swim 7:30pm Pool Closed	7pm Open Swim 7:30pm Pool Closed	7pm Open Swim 7:30pm Pool Closed	7pm Open Swim 7:15pm Pool Closed	7pm Open Swim 7:30pm Pool Closed		
8:00PM							

PLEASE NOTE: The pool schedule is subject to change at any time for programs or rentals and lane availability may vary without notice.

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

**SHOWERS ARE MANDATORY BEFORE
ENTERING POOL AREA**

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

Notes and Pool Closures:

*Delineates half open swim, half adult therapy lane.
*Additional open swim will be available on Tuesdays and Thursdays
11:00am-12:00pm until September 17th
*Additional open swim will be available on Thursdays from 1:00pm-
2:00pm until September 26th