



# CASCO BAY BRANCH

Pools Program Schedules: January 2nd - February 22nd

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## Lap Pool Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>8:00-9:15am</b> Water Exercise Lanes	<b>8:00-9:15am</b> Water Exercise Lanes	<b>8:00-9:15am</b> Water Exercise Lanes	<b>8:00-9:15am</b> Water Exercise Lanes	<b>8:00-9:15am</b> Water Exercise Lanes		<b>9:00-11:00am</b> Water Exercise Lanes
<b>9:15-10:00am</b> Aquasize (Meg)	<b>9:15-10:00am</b> Aquasize (Meg)	<b>9:15-10:00am</b> Aquasize (Meg)	<b>9:15-10:00am</b> Aquasize (Meg)	<b>9:15-10:00am</b> Aquasize (Meg)	<b>8:30-9:30am</b> Liquid Toning (Diane)	
						<b>11-12:00pm</b> Self-Led Water Fitness
	<b>5:30-6:30pm</b> Liquid Toning (Diane)		<b>5:30-6:30pm</b> Hydro Blast (Ben)			

## Therapy Pool Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>6:00-8:00am</b> Adult Swim	<b>6:00-8:00am</b> Adult Swim	<b>6:00-8:00am</b> Adult Swim	<b>6:00-8:00am</b> Adult Swim	<b>6:00-8:00am</b> Adult Swim	<b>7:00-9:00am</b> Adult Swim	
<b>8:00-9:00am</b> Water Tai Chi (Karen)	<b>8:15-9:00am</b> Six Pack Abs (Carolyn)	<b>8:15-9:00am</b> Water Walking (Carolyn)	<b>8:15-9:00am</b> Six Pack Abs (Carolyn)	<b>8:00-9:00am</b> Water Tai Chi (Karen)		<b>9:00-10:00am</b> Adult Swim
<b>10:00-11:00am</b> Arthritis (Ann M.)	<b>10:00-11:00am</b> Arthritis (Carolyn)	<b>10:00-11:00am</b> Arthritis (Carolyn)	<b>10:00-11:00am</b> Arthritis (Carolyn)	<b>10:00-11:00am</b> Arthritis (Ann M.)		
<b>11:00-12:00n</b> Adult Therapy Lane		<b>11:00-12:00n</b> Adult Therapy Lane		<b>12:00-1:00pm</b> Adult Therapy Lane		<b>Pool Closed 12-1pm</b>

**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.

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

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

**POOL CLOSURES:** Close at 12:00pm on 11/17, 12/1, 12/15 and 5:30pm on 12/7, 12/14, 12/21

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

**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.