



GREATER PORTLAND BRANCH

Pool Program Schedules: 5/13/2019 - 7/27/2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MALCOLM POOL Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a - 10:00a Aquasize		9:00a - 10:00a Aquasize		9:00a - 10:00a Aquasize		

INSTRUCTIONAL POOL Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:00a - 10:00a Prenatal Water Aerobics						
	11:00a - 12:00p Arthritis Program		11:00a - 12:00p Arthritis Program			11:00a - 12:00p Rental
					1:00p - 2:00p Rental	
		5:30p - 6:30p Prenatal Water Aerobics				
	6:00p - 7:00p Liquid Toning		6:00p - 7:00p Liquid Toning			

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 @GPYAQU TO 81010.

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

POOL CLOSURES: Updated 5/3/19.

Greater Portland Branch
YMCA OF SOUTHERN MAINE
70 Forest Ave, Portland, ME
207.874.1111 | ymcaofsouthernmaine.org

SWIM TEST POLICY: A swim test is required for those ages 14 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.