



# BE A Y LIFEGUARD!

FREE TRAINING | CONTACT: Caleb Hyde-Petersen (207-865-9600, cpetersen@ymcaofsouthernmaine.org)

## CASCO BAY BRANCH POOL SCHEDULE

### - LARGE POOL -

As of May 4, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	<b>6:00am - 9:00am</b> 8 Lap Lanes	<b>6:00am - 9:00am</b> 8 Lap Lanes	<b>6:00am - 9:00am</b> 8 Lap Lanes	<b>6:00am - 9:00am</b> 8 Lap Lanes	<b>6:00am - 4:00pm</b> 8 Lap Lanes			
7:00 AM								
8:00 AM								
9:00 AM	<b>9:00am - 10:00am</b> 5 Lap Lanes / 3 Lanes Aqua Aerobics	<b>9:00am - 10:00am</b> 5 Lap Lanes / 3 Lanes Aqua Aerobics	<b>9:00am - 10:00am</b> 5 Lap Lanes / 3 Lanes Aqua Aerobics	<b>9:00am - 11:30am</b> 5 Lap Lanes / 3 Lanes Aqua Aerobics		<b>8:00am - 10:00am</b> 8 Lap Lanes		
10:00 AM	<b>10:00am - 3:00pm</b> 8 Lap Lanes	<b>10:00am - 5:00pm</b> 8 Lap Lanes	<b>10:00am - 2:45pm</b> 8 Lap Lanes	<b>11:30am - 5:00pm</b> 8 Lap Lanes		<b>10:00am - 11:00am</b> 4 Lap Lanes / 1 Swim Lesson Lane 3 Lanes Aqua Aerobics		<b>9:00am - 1:45pm</b> 8 Lap Lanes
11:00 AM	*12:00-1:15pm Join the Masters for a Swim. Workout Provided		*12:00-1:15pm Join the Masters for a Swim. Workout Provided			<b>11:00am - 11:45am</b> 6 Lap Lanes / 2 swim lessons		
12:00 PM						<b>11:45am - 3:45pm</b> 8 Lap Lanes		
1:00 PM								
2:00 PM	<b>3:00pm - 6:00pm</b> 8 Lap Lanes	<b>5:00pm - 6:00pm</b> 6 Lap Lanes / 2 Aqua Aerobics	<b>2:45pm-6:00pm</b> 8 Lap Lanes	<b>5:00pm - 6:00pm</b> 6 Lap Lanes / 2 Aqua Aerobics		<b>4:00pm - 7:45pm</b> 6 Lap Lanes / 2 Lanes with float rope Open Swim		
3:00 PM								
4:00 PM								
5:00 PM								
6:00 PM	<b>6:00pm - 7:00pm</b> 4 Lap Lanes / 4 Lanes Peaks to Portland Training	<b>6:00pm - 7:00pm</b> 8 Lap Lanes	<b>6:00pm - 7:00pm</b> 4 Lap Lanes / 4 Lanes Peaks to Portland Training	<b>6:00pm - 7:00pm</b> 8 Lap Lanes				
7:00 PM	<b>7:00pm - 7:45pm</b> 8 Lap Lanes	<b>7:00pm - 7:45pm</b> 8 Lap Lanes	<b>7:00pm - 7:45pm</b> 8 Lap Lanes	<b>7:00pm - 7:45pm</b> 8 Lap Lanes				

Scan the QR code  
for the Casco Bay Branch  
Pool Schedule

### - SMALL POOL -

As of May 4, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>6:00am-8:00am</b> 2 Lap Lanes	<b>6:00am-8:00am</b> 2 Lap Lanes	<b>6:00am-8:00am</b> 2 Lap Lanes	<b>6:00am-8:00am</b> 2 Lap Lanes	<b>6:00am-8:00am</b> 2 Lap Lanes		
7:00 AM							
8:00 AM	<b>8:00am-8:45am</b> Adult Only: Self-Led Exercise	<b>8:00am-8:45am</b> Adult Only: Self-Led Exercise	<b>8:00am-8:45am</b> Adult Only: Self-Led Exercise	<b>8:00am-8:45am</b> Adult Only: Self-Led Exercise	<b>8:00am-8:45am</b> Water Tai Chi	<b>8:00am-8:30am</b> Shallow End - Open Swim / Deep End - Adult Only: Self-Led Exercise	
9:00 AM	<b>8:45am-10:00am</b> Shallow End - Open Swim Deep End - Adult Only: Self-Led Exercise	<b>8:45am-10:00am</b> Shallow End - Open Swim / Deep End - Adult Only: Self-Led Exercise	<b>8:45am-10:00am</b> Shallow End - Open Swim Deep End - Adult Only: Self-Led Exercise	<b>8:45am-10:00am</b> Shallow End - Open Swim / Deep End - Adult Only: Self-Led Exercise	<b>8:45am-10:00am</b> Shallow End - Open Swim / Deep End - Adult Only: Self-Led Exercise	<b>8:30am-12:50am</b> Lessons Only	<b>9:00am-1:45pm</b> Open Swim
10:00 AM	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only		
11:00 AM	<b>11:00am-12:00pm</b> Lessons Only	<b>11:00am-12:00pm</b> Lessons Only	<b>11:00am-12:00pm</b> Lessons Only	<b>11:00am-12:00pm</b> Lessons Only			
12:00 PM	<b>12:00pm-7:45 pm</b> Open Swim	<b>12:00pm-7:45 pm</b> Open Swim	<b>12:00pm-7:00 pm</b> Open Swim	<b>12:00pm-7:45pm</b> Open Swim	<b>11:00pm-7:45pm</b> Open Swim	<b>12:50pm-3:45pm</b> Open Swim	
1:00 PM							
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
7:00 PM			<b>7:00pm-7:45pm</b> Open Swim-Shallow End/Adult Lessons Only-Deep End				

PLEASE NOTE: The pool schedule is subject to change at any time.

#### CASCO BAY BRANCH

YMCA OF SOUTHERN MAINE  
14 Old South Freeport Road, Freeport, ME 04032  
207-865-9600 | ymcaofsouthernmaine.org

Showers are  
mandatory before  
entering the pool area.

Get text notification for  
closures and cancellations:  
Text: @CBAQU TO 81010

**TEXT ALERTS**  
**REAL TIME UPDATES**  
**SIGN UP TODAY** for Remind

