



BE A Y LIFEGUARD!

FREE TRAINING | VISIT: www.ymcaofsouthernmaine.org/careers

CASCO BAY BRANCH
POOL SCHEDULE

- LARGE POOL -

As of March 9, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	6:00am-9:00am 8 Lap Lanes	6:00am-9:00am 8 Lap Lanes	6:00am-9:00am 8 Lap Lanes	6:00am-9:00am 8 Lap Lanes				
7:00 AM								
8:00 AM								
9:00 AM	9:00am-10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am-10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am-10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am-10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics		8:00am-10:00am 8 Lap Lanes		
10:00 AM	10:00am-3:00pm 8 Lap Lanes		10:00am-2:45pm 8 Lap Lanes		6:00am-3:00pm 8 Lap Lanes	10:00am-11:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am-1:45pm 8 Lap Lanes	
11:00 AM	*12:00-1:15pm Join the Masters for a Swim. Workout Provided	10:00am-3:00pm 8 Lap Lanes	*12:00-1:15pm Join the Masters for a Swim. Workout Provided	10:00am-3:00pm 8 Lap Lanes				
12:00 PM								
1:00 PM								
2:00 PM								
3:00 PM	3:00pm - 4:00pm 4 Lap Lanes/4 lanes Swim Team	3:00pm - 4:00pm 4 Lap Lanes/4 lanes Swim Team		3:00pm - 4:00pm 4 Lap Lanes/4 lanes Swim Team	3:00pm - 4:00pm 4 Lap Lanes/4 lanes Swim Team	1:45am-3:45pm 8 Lap Lanes		
4:00 PM		4:00 pm-4:30 pm 8 lap lanes 4:30pm-5:00pm 4 Lap Lanes / 4 Swim Club 5:00pm-5:30pm 2 Lap Lanes / 2 Aqua Aerobics / 4 Swim Club 5:30pm-6:00pm 6 Lap Lanes / 2 Aqua Aerobics	2:45pm-6:00pm 8 Lap Lanes	4:00 pm-4:30 pm 8 lap lanes 4:30pm-5:00pm 4 Lap Lanes / 4 Swim Club 5:00pm-5:30pm 2 Lap Lanes / 2 Aqua Aerobics / 4 Swim Club 5:30pm-6:00pm 6 Lap Lanes / 2 Aqua Aerobics				
5:00 PM	4:00pm-6:00pm 8 Lap Lanes							4:00pm-7:45 pm 8 Lap Lanes
6:00 PM	6:00pm-7:00pm 4 Lap Lanes/4 Lanes Peaks to Portland Training							6:00pm-7:00pm 6 Lap Lanes /2 Lanes Lessons
7:00 PM	7:00pm-7:45pm 8 Lap Lanes	7:00pm-7:45pm 8 Lap Lanes	7:00pm-7:45pm 8 Lap Lanes	7:00pm-7:45pm 8 Lap Lanes				



Scan the QR code for the Casco Bay Branch Pool Schedule

- SMALL POOL -

As of March 9, 2026

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

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: @CBYAU TO 81010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind

