



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 April 6, 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	6:00am - 4:00pm 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			10:00am - 11:00am 4 Lap Lanes / 1 Swim Lesson Lane 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		11:00am - 11:45am 6 Lap Lanes / 2 swim lessons		
12:00 PM						11:45am - 3:45pm 8 Lap Lanes		
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				
4:00 PM								
5:00 PM	4:00pm - 6:00pm 8 Lap Lanes	4:00pm - 4:30 pm ap 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	4:00pm - 4:30 pm ap 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	4:00pm - 7:45pm 6 Lap Lanes/ 2 Lanes with flote rope Open Swim			
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	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 April 6, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM	6:00am-8:00am 2 Lap Lanes	6:00am-8:00am 2 Lap Lanes	6:00am-8:00am 2 Lap Lanes	6:00am-8:00am 2 Lap Lanes	6:00am-8:00am 2 Lap Lanes				
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-8:30am 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				
10:00 AM	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only			8:30am-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					
12:00 PM									
1:00 PM	12:00am-4:30pm Open Swim	12:00pm-4:30 pm Open Swim	12:00am-7:00pm Open Swim	12:00pm-4:30pm Open Swim	11:00am-7:45pm Open Swim			12:50pm-3:45pm 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					
6:00 PM									
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: @CBAQU TO 81010

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

