



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 June 15, 2026							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			6:00am - 9:00am 8 Lap Lanes				
7:00 AM				6:00am - 9:00am 8 Lap Lanes			
8:00 AM	6:00am - 9:00am 8 Lap Lanes	6:00am - 9:00am 8 Lap Lanes	8:15am-9:00am 6 Lap Lanes / 2 Lanes Lifeguard class			8:00am - 10:00am 8 Lap Lanes	
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			
10:00 AM	10:00am - 3:00pm 8 Lap Lanes		10:45am - 2:45pm 6 Lap Lanes/ 2 Lanes Lifeguard Class	10:45am - 3:00 pm 6 Lap Lanes/ 2 Lanes Lifeguard Class		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			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							
4:00 PM							
5:00 PM	3:00pm - 6:00pm 8 Lap Lanes	3:00pm - 4:30pm 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	3:00pm - 4:30pm 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	YMCA Closed in Observance of Juneteenth		
6:00 PM	6:00pm - 7:00pm 3 Lap Lanes / 5 Lanes Peaks to Portland Training	6:00pm - 7:00pm 6 Lap Lanes / 2 Lanes Lessons	6:00pm - 7:00pm 3 Lap Lanes / 5 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 June 15, 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			
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-8:30am 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	9am-10:00am Shallow End - Swim Lessons / Deep End - Adult Only: Self-Led Exercise			9:00am-1:45pm Open Swim
10:00 AM	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only		8:30am-12:30am Lessons Only	
11:00 AM		11:00am-12:00pm Lessons Only	11:00am-12:00pm Lessons Only				
12:00 PM							
1:00 PM	11:00pm-4:30pm Open Swim			11:00pm-4:30pm Open Swim			
2:00 PM		12:00pm-4:30pm Open Swim					
3:00 PM			12:00pm-7:00pm Open Swim			12:30pm-3:45pm Open Swim	
4:00 PM							
5:00 PM							
6:00 PM	5:15pm-6:45pm Lessons Only	4:30pm-7pm Lessons Only		4:30pm-6:10pm Lessons Only			
7:00 PM	6:45pm-7:45pm Open Swim	7pm-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: @CBYAQU TO 81010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind

