



# 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 8, 2026 |  | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY  | SATURDAY   | SUNDAY                                |
|--------------------|--|---|--|---|--|---|--|---------------------------------------|
| 6:00 AM            |  | <b>6:00am - 9:00am</b><br>8 Lap Lanes   | <b>6:00am - 9:00am</b><br>8 Lap Lanes  | <b>6:00am - 9:00am</b><br>8 Lap Lanes   | <b>6:00am - 9:00am</b><br>8 Lap Lanes  |   |  |                                       |
| 7:00 AM            |  |   |  |   |  |   |  |                                       |
| 8:00 AM            |  |   |  |   |  |   |  |                                       |
| 9:00 AM            |  | <b>9:00am - 10:00am</b><br>5 Lap Lanes /<br>3 Lanes Aqua Aerobics             | <b>9:00am - 10:00am</b><br>5 Lap Lanes /<br>3 Lanes Aqua Aerobics                            | <b>9:00am - 10:00am</b><br>5 Lap Lanes /<br>3 Lanes Aqua Aerobics             | <b>9:00am - 11:30am</b><br>5 Lap Lanes /<br>3 Lanes Aqua Aerobics                            |   | <b>8:00am - 10:00am</b><br>8 Lap Lanes   |                                       |
| 10:00 AM           |  | <b>10:00am - 3:00pm</b><br>8 Lap Lanes  |  | <b>10:00am - 2:45pm</b><br>8 Lap Lanes  |  | <b>6:00am - 4:00pm</b><br>8 Lap Lanes                                       | <b>10:00am - 11:00am</b><br>4 Lap Lanes /<br>1 Swim Lesson Lane<br>3 Lanes Aqua Aerobics | <b>9:00am - 1:45pm</b><br>8 Lap Lanes |
| 11:00 AM           |  | *12:00-1:15pm<br>Join the Masters<br>for a Swim.                              | <b>10:00am - 3:00pm</b><br>8 Lap Lanes   | *12:00-1:15pm<br>Join the Masters<br>for a Swim.                              | <b>11:30am - 3:00pm</b><br>8 Lap Lanes   |   | <b>11:00am - 11:45am</b><br>6 Lap Lanes /<br>2 swim lessons                              |                                       |
| 12:00 PM           |  | Workout Provided  |  | Workout Provided  |  |   | <b>11:45am - 3:45pm</b><br>8 Lap Lanes   |                                       |
| 1:00 PM            |  |   |  |   |  |   |  |                                       |
| 2:00 PM            |  |   |  |   |  |   |  |                                       |
| 3:00 PM            |  |   | <b>3:00pm - 4:30pm</b><br>8 lap lanes /<br><b>4:30pm-5:00pm</b><br>4 Lap Lanes / 4 Swim Club |   | <b>3:00pm - 4:30pm</b><br>8 lap lanes /<br><b>4:30pm-5:00pm</b><br>4 Lap Lanes / 4 Swim Club |   |  |                                       |
| 4:00 PM            |  |   | <b>5:00pm - 5:30pm</b><br>2 Lap Lanes /<br>2 Aqua Aerobics /<br>4 Swim Club                  | <b>2:45pm-6:00pm</b><br>8 Lap Lanes   | <b>5:00pm - 5:30pm</b><br>2 Lap Lanes /<br>2 Aqua Aerobics /<br>4 Swim Club                  |   |  |                                       |
| 5:00 PM            |  | <b>3:00pm - 6:00pm</b><br>8 Lap Lanes   | <b>5:30pm - 6:00pm</b><br>6 Lap Lanes /<br>2 Aqua Aerobics                                   |   | <b>5:30pm - 6:00pm</b><br>6 Lap Lanes /<br>2 Aqua Aerobics                                   |   |  |                                       |
| 6:00 PM            |  | <b>6:00pm - 7:00pm</b><br>3 Lap Lanes / 5 Lanes Peaks<br>to Portland Training | <b>6:00pm - 7:00pm</b><br>6 Lap Lanes /<br>2 Lanes Lessons                                   | <b>6:00pm - 7:00pm</b><br>3 Lap Lanes / 5 Lanes Peaks<br>to Portland Training | <b>6:00pm - 7:00pm</b><br>6 Lap Lanes / 2 Lanes<br>Lessons                                   | <b>4:00pm - 7:45pm</b><br>6 Lap Lanes/ 2 Lanes with<br>float rope Open Swim |  |                                       |
| 7:00 PM            |  | <b>7:00pm - 7:45pm</b><br>8 Lap Lanes   | <b>7:00pm - 7:45pm</b><br>8 Lap Lanes  | <b>7:00pm - 7:45pm</b><br>8 Lap Lanes   | <b>7:00pm - 7:45pm</b><br>8 Lap Lanes  |   |  |                                       |



Scan the QR code  
for the Casco Bay Branch  
Pool Schedule

### - SMALL POOL -

| As of June 8, 2026 |  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY                            |
|--------------------|--|--|--|--|---|--|--|-----------------------------------|
| 6:00 AM            |  | <b>6:00am-8:00am</b><br>2 Lap Lanes  | <b>6:00am-8:00am</b><br>2 Lap Lanes  | <b>6:00am-8:00am</b><br>2 Lap Lanes  | <b>6:00am-8:00am</b><br>2 Lap Lanes   | <b>6:00am-8:00am</b><br>2 Lap Lanes  |  |                                   |
| 7:00 AM            |  |  |  |  |   |  |  |                                   |
| 8:00 AM            |  | <b>8:00am-8:45am</b><br>Adult Only:<br>Self-Led Exercise   | <b>8:00am-8:45am</b><br>Adult Only:<br>Self-Led Exercise   | <b>8:00am-8:45am</b><br>Adult Only:<br>Self-Led Exercise   | <b>8:00am-8:45am</b><br>Adult Only:<br>Self-Led Exercise  | <b>8:00am-8:45am</b><br>Water Tai Chi  | <b>8:00am-8:30am</b><br>Shallow End - Open Swim /<br>Deep End - Adult Only:<br>Self-Led Exercise |                                   |
| 9:00 AM            |  | <b>8:45am-10:00am</b><br>Shallow End - Open Swim<br>Deep End - Adult Only: Self-<br>Led Exercise | <b>8:45am-10:00am</b><br>Shallow End - Open Swim<br>Deep End - Adult Only: Self-<br>Led Exercise | <b>8:45am-10:00am</b><br>Shallow End - Open Swim<br>Deep End - Adult Only: Self-<br>Led Exercise | <b>9am-10:00am</b><br>Shallow End - Swim Lessons<br>/ Deep End - Adult Only:<br>Self-Led Exercise | <b>8:45am-10:00am</b><br>Shallow End - Open Swim /<br>Deep End - Adult Only: Self-<br>Led Exercise |  | <b>9:00am-1:45pm</b><br>Open Swim |
| 10:00 AM           |  | Aqua Arthritis Only  | Aqua Arthritis Only  | Aqua Arthritis Only  | Aqua Arthritis Only   | Aqua Arthritis Only  | <b>8:30am-12:30am</b><br>Lessons Only  |                                   |
| 11:00 AM           |  | <b>11:00am-12:00pm</b><br>Lessons Only   | <b>11:00am-12:00pm</b><br>Lessons Only   | <b>11:00am-12:00pm</b><br>Lessons Only   | <b>11:00am-12:00pm</b><br>Lessons Only  |  |  |                                   |
| 12:00 PM           |  |  |  |  | <b>12:00pm-2pm</b><br>Open Swim   | <b>11:00pm-2pm</b><br>Open Swim  |  |                                   |
| 1:00 PM            |  |  |  |  |   |  |  |                                   |
| 2:00 PM            |  | <b>12:00pm-4:30pm</b><br>Open Swim   | <b>12:00pm-4:30pm</b><br>Open Swim   |  |   |  | <b>12:30pm-3:45pm</b><br>Open Swim   |                                   |
| 3:00 PM            |  |  |  | <b>12:00pm-7:00pm</b><br>Open Swim   | <b>2:00pm-4:00pm</b><br>Small Pool Closed   | <b>2:00pm-4:00pm</b><br>Small Pool closed  |  |                                   |
| 4:00 PM            |  |  |  |  |   |  |  |                                   |
| 5:00 PM            |  |  |  |  |   |  |  |                                   |
| 6:00 PM            |  | <b>5:15pm-6:45pm</b><br>Lessons Only   | <b>4:30pm-7pm</b><br>Lessons Only  |  | <b>4:30pm-6:10pm</b><br>Lessons Only  | <b>4pm-8pm</b><br>Open Swim  |  |                                   |
| 7:00 PM            |  | <b>6:45pm-7:45pm</b><br>Open Swim  | <b>7pm-7:45pm</b><br>Open Swim   | <b>7:00pm-7:45pm</b><br>Open Swim-Shallow End /<br>Adult Lessons<br>Only-Deep End                | <b>6:10pm-7:45pm</b><br>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

