



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 July 13, 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 - 9:00am 8 Lap Lanes	6:00am - 12pm 8 Lap Lanes		9:00am - 1:45pm 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 - 11:30am 5 Lap Lanes / 3 Lanes Aqua Aerobics				
10:00 AM	10:00am - 12pm 8 Lap Lanes *12:00-1:15pm Join the Masters for a Swim. Workout Provided	10:00am - 3:00pm 8 Lap Lanes	10:00am - 12pm 8 Lap Lanes *12:00-1:15pm Join the Masters for a Swim. Workout Provided	11:30am - 3:00pm 8 Lap Lanes				
11:00 AM								
12:00 PM								
1:00 PM	11:45am-1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp		12:00pm-1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp	12:00pm-1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp				
2:00 PM	1:45pm - 6:00pm 8 Lap Lanes	3:00pm - 4:30pm 8 lap lanes 4:30pm-5:00pm 7 Lap Lanes / 1 Lane Lessons 5:00pm - 6 pm 5 Lap Lanes / 2 Aqua Aerobics / 1 Lane Lessons	1:45pm-6:00pm 8 Lap Lanes	3:00pm - 4:30pm 8 lap lanes 4:30pm-5:00pm 7 Lap Lanes / 1 Lane Lessons 5:00pm - 6 pm 5 Lap Lanes / 2 Aqua Aerobics / 1 Lane Lessons	1:45pm - 7:45pm 6 Lap Lanes/ 2 Lanes with float rope Open Swim	YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event		
3:00 PM								
4:00 PM								
5:00 PM								
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				

- SMALL POOL -

As of July 13th, 2026								
MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM 7:00 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	YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event		
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			
9:00 AM	8:45am-10:00am Shallow End - Open Swim Deep End - Adult Only: Self- Led Exercise	8:45am-10:00am Shallow End - Swim Lessons 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	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		9:00am-1:45pm Open Swim	
11:00 AM	11:00pm-12:00pm Open Swim	11:00am-12:00pm Lessons Only	11:00am-12:00pm Lessons Only		11:00pm-12:00pm Open Swim			
12:00 PM	12:00pm-2:30pm Camp Swim Only	12:00pm-4:30pm Open Swim	12:00pm-2:30pm Camp Swim Only	11:00pm-4:30pm Open Swim	12:00pm-2:30pm Camp Swim Only			
1:00 PM								
2:00 PM								
3:00 PM								
4:00 PM	2:30pm-5:15pm Open Swim	2:30pm-7:00pm Open Swim		2:30 pm-7:45pm Open Swim				
5:00 PM	5:15pm-7pm Lessons Only		4:30pm-6:45pm Lessons Only		4:30pm-6:45pm Lessons Only			
6:00 PM								
7:00 PM	7pm-7:45pm Open Swim	6:45pm-7:45pm Open Swim	7:00pm-7:45pm Open Swim-Shallow End / Adult Lessons Only-Deep End	6:45pm-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

