



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 May 18, 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 - 11:30am 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 - 4:00pm 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	11:30am - 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 - 4:30pm 8 lap lanes		3:00pm - 4:30pm 8 lap lanes			
4:00 PM			4:30pm-5:00pm 4 Lap Lanes / 4 Swim Club		4:30pm-5:00pm 4 Lap Lanes / 4 Swim Club			
5:00 PM		3:00pm - 6:00pm 8 Lap Lanes	5:00pm - 5:30pm 2 Lap Lanes / 2 Aqua Aerobics / 4 Swim Club	2:45pm-6:00pm 8 Lap Lanes	5:00pm - 5:30pm 2 Lap Lanes / 2 Aqua Aerobics / 4 Swim Club			
			5:30pm - 6:00pm 6 Lap Lanes / 2 Aqua Aerobics		5:30pm - 6:00pm 6 Lap Lanes / 2 Aqua Aerobics			
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	4:00pm - 7:45pm 6 Lap Lanes/ 2 Lanes with float rope Open Swim		
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 May 18, 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 <u>Shallow End</u> - Open Swim / <u>Deep End</u> - Adult Only: Self-Led Exercise	
9:00 AM		8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	9am-10:00am <u>Shallow End</u> - Swim Lessons / <u>Deep End</u> - Adult Only: Self-Led Exercise	8:45am-10:00am <u>Shallow End</u> - Open Swim / <u>Deep End</u> - 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-12:30am 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					12:00pm-2:00pm Open Swim	11:00pm-2:00pm Open Swim		
2:00 PM		12:00pm-4:30pm Open Swim	12:00pm-4:30pm Open Swim					
3:00 PM				12:00pm-7:00pm Open Swim	2:00pm-4:00pm Small Pool Closed	2:00pm-4:00pm Small Pool Closed	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	4:00pm-8:00pm Open Swim		
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

