



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



Scan the QR code for the Casco Bay Branch Pool Schedule

### - SMALL POOL -

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

