



BE A Y LIFEGUARD!

FREE TRAINING | CONTACT: Amy Boyd (207-865-9600; aboyd@ymcaofsouthernmaine.org)

CASCO BAY BRANCH POOL SCHEDULE

- LARGE POOL -

As of August 24, 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			
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 - 10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am - 10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	8:00am - 10:00am 8 Lap Lanes		
10:00 AM	10:00am - 7:00pm 8 Lap Lanes	10:00am - 3:00pm 6 Lap Lanes / 2 Lanes Open Swim	10:00am - 7:00pm 8 Lap Lanes	10:00am - 12:00pm 8 Lap Lanes	10:00 am - 3:00 pm 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			11:00am - 12:00pm 6 Lap Lanes / 1 swim lessons		
12:00 PM	12:00am - 1:00pm 6 Lap Lanes / 2 Lanes Masters		12:00am - 1:00pm 6 Lap Lanes / 2 Lanes Masters	Pool Closed 12:00pm-4:00 pm				12:00pm - 3:45pm 8 Lap Lanes
	*12:00-1:15pm Join the Masters for a Swim. Workout Provided		*12:00-1:15pm Join the Masters for a Swim. Workout Provided					
	1:00 PM		1:15am - 7:00pm 6 Lap Lanes / 2 Lanes Open Swim					
2:00 PM	3:00pm - 4:30pm 8 lap lanes	3:00pm - 4:30pm 8 lap lanes						
3:00 PM	4:30pm-5:00pm 7 Lap Lanes / 1 Lane Lessons	4:30pm-5:00pm 7 Lap Lanes / 1 Lane Lessons						
4:00 PM	5:00pm - 6:00pm 5 Lap Lanes / 2 Aqua Aerobics / 1 Lane Lessons	5:00pm - 6:00pm 5 Lap Lanes / 2 Aqua Aerobics / 1 Lane Lessons						
5:00 PM	4:00pm - 7:45pm 8 Lap Lanes	6:00pm - 7:00pm 6 Lap Lanes / 2 Lanes Lessons			6:00pm - 7:00pm 6 Lap Lanes / 2 Lanes Lessons	 Scan the QR code for the Casco Bay Branch Pool Schedule		
6:00 PM		7:00pm - 7:45pm 8 Lap Lanes	7:00pm - 7:45pm 8 Lap Lanes	7:00pm - 7:45pm 8 Lap Lanes				
7:00 PM								

- SMALL POOL -

As of August 24, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am-8:00am Open Swim	6:00am-9:00am Open Swim	6:00am-8:00am Open Swim	6:00am-9:00am Open Swim	6:00am-9:00am Open Swim		
7:00 AM			8:00am-8:45am Adult Only: Self-Led Exercise				
8:00 AM			8:00am-8:45am Adult Only: Self-Led Exercise			8:00am-12:00pm Lessons Only	
9:00 AM	8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self- Led Exercise	9:00am-10:00am <u>Shallow End</u> - Swim Lessons <u>Deep End</u> - Open Swim	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> - Open Swim <u>Deep End</u> - Adult Only: Self- Led Exercise	9am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self- Led Exercise		
10:00 AM	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only		
11:00 AM	11:00 am - 4:00pm Open Swim			11:00 am - 4:00 pm Small Pool Closed	11:00 am-7:45 pm Open Swim		
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM						12:00pm-3:45pm Open Swim	
4:00 PM	Small Pool Closed 4:00 pm-5:15 pm	4:00pm-7:00pm Lessons Only		4:00pm-7:00pm Lessons Only			
5:00 PM	5:15pm - 7:00pm Lessons Only						
6:00 PM			Small Pool Closed 4:00 pm-7:45 pm				
7:00 PM	Small Pool Closed 7:00 pm -7:45 pm	7:00pm-7:45pm Open Swim		7:00 pm- 7:45pm Small Pool Closed			

PLEASE NOTE: The pool schedule is subject to change at any time.

CASCO BAY BRANCH

YMCA OF SOUTHERN MAINE
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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

