CASCO BAY BRANCH - POOL SCHEDULE

Weekly Schedule / **November 9-15, 2026** / **Contact:** Rebecca Coache - rcoache@ymcaofsouthernmaine.org

BRANCH HOURS
Monday - Friday: 6:00am - 8:00pm
Saturday: 8:00am - 4:00pm
Sunday: 9:00am - 2:00pm

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Lanes [Large Pool]	**6:00am - 9:00am** 8 Lap Lanes	**6:00am - 9:00am** 8 Lap Lanes	**6:00am - 9:00am** 8 Lap Lanes	**9:00am-10:00am** 5 Lap Lanes	**6:00am - 8:00am** 8 Lap Lanes	**12:00pm - 3:45pm** 8 Lap Lanes	**9:00am - 1:45pm** 8 Lap Lanes
	9:00am - 10:00am 5 Lap Lanes	**9:00am-10:00am** 6 Lap Lanes	**9:00am - 10:00am** 5 Lap Lanes	**10:00am-12:00pm** 8 Lap Lanes	**1:00pm-4:00pm** 8 Lap Lanes		
	10:00am - 11:00am 8 Lap Lanes	**12:00pm - 4:00pm** 8 Lap Lanes	**12:00pm - 1:30pm** 5 Lap Lanes	**4:00pm-5:00pm** 8 Lap Lanes			
	12:00pm - 1:30pm 8 Lap Lanes	**4:00pm - 5:00pm** 7 Lap Lanes	**4:00pm - 5:00pm** 7 Lap Lanes	**5:00pm - 6:00pm** 5 Lap Lanes			
	5:00pm - 6:00pm 4 Lap Lanes	**5:00pm - 6:00pm** 2 Lap Lanes	**5:00pm - 6:00pm** 8 Lap Lanes				
	6:00pm - 6:45pm 7 Lap Lanes	**6:00pm - 7:00pm** 7 Lap Lanes	**6:00pm - 7:45pm** 7 Lap Lanes				
	6:45pm-7:45pm 8 Lap Lanes	**7:00pm - 7:45pm** 8 Lap Lanes					

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim [Small Pool]	**9:00am-10:00am**	**6:00am - 9:00am**	**11:00am - 12:00pm**	**9:00am-10:00am**		**12:00pm - 3:45pm**	**9:00am - 1:45pm**
	11:00am - 1:00pm	**7:15pm - 7:45pm**	**4:00pm - 4:30pm** (Shallow End Only)	**11:00am-12:00pm**			
	6:00pm - 7:15pm (Deep End Only)		**6:15pm - 7:00pm** (Shallow End Only)				
	7:15pm - 7:45pm						

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Aquatics Programs [Large OR Small Pool]	**9:00am-10:00am** Aqua Aerobics (Large Pool)	**9:00am - 10:00am** Aqua Aerobics (Large Pool)	**9:00am - 10:00am** Aqua Aerobics (Large Pool)	**5:00pm - 6:00pm** Aqua Aerobics (Large Pool)	**8:00am - 9:00am** Tai Chi (Small Pool)		
	10:00am - 11:00am Aqua Arthritis (Small Pool)	**10:00am - 11:00am** Aqua Arthritis (Small Pool)	**10:00am - 11:00am** Aqua Arthritis (Small Pool)				
	12:00pm-1:15pm Masters Swim (Large Pool)	**4:00pm - 7:15pm** Swim Lessons (Small Pool)	**12:00pm - 1:15pm** Masters Swim (Large Pool)				
	4:00pm - 7:15pm Swim Lessons (Small Pool)	**4:00pm - 5:00pm** Swim Lessons (Large Pool)	**4:00pm - 5:00pm** Swim Lessons (Large Pool)				
	5:00pm - 6:00pm Swim Club (Large Pool)	**5:00pm - 6:00pm** Swim Club (Large Pool)	**4:00pm - 7:45pm** Swim Lessons (Small Pool)				
	6:00pm - 7:00pm Swim Lessons (Large Pool)	**5:00pm - 6:00pm** Aqua Aerobics (Large Pool)	**6:00pm - 7:00pm** Swim Lessons (Large Pool)				
		6:00pm - 7:00pm Swim Lessons (Large Pool)					

Pool schedules may be subject to change at any time. / Casco Bay Branch / 14 Old South Freeport Road, Freeport, ME 04032 / 207-865-9666 **Created: 11/6/2020**