



BE A Y LIFEGUARD!

FREE TRAINING | CONTACT: Caitlin Avelis (207-874-1111, cavelis@ymcaofsouthernmaine.org)

GREATER PORTLAND BRANCH POOL SCHEDULE

- MALCOLM POOL -

As of May 18th, 2026

Open lanes can be used for lap or free swim

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 8:00am-9:00am	6 Open Lanes 9:00am-1:45pm
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	6 Open Lanes 12:00pm-3:45pm	
12:00 PM							
1:00 PM	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-5:00pm	6 Open Lanes 1:00pm-7:45pm	6 Open Lanes 12:00pm-3:45pm	
2:00 PM							
3:00 PM							
4:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	6 Open Lanes 4:00pm-7:45pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	4 Open Lanes / 2 Lanes Lessons 5:00pm-5:30pm	6 Open Lanes 1:00pm-7:45pm	6 Open Lanes 12:00pm-3:45pm	
5:00 PM							
6:00 PM	3 Open Lanes / 3 Lanes Swim Team 6:10pm-7:45pm	6 Open Lanes 4:00pm-7:45pm	1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-7:00pm	1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-6:30pm	6 Open Lanes 1:00pm-7:45pm	6 Open Lanes 12:00pm-3:45pm	
7:00 PM							
			3 Open Lanes / 3 Lanes Swim Teams 7:00pm-7:45pm	3 Open Lanes / 3 Lanes Swim Teams 6:30pm-7:45pm			



Scan the QR Code for
the Greater Portland Pool
Schedule

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

PORTLAND BRANCH

YMCA OF SOUTHERN MAINE
70 Forest Avenue, Portland, ME 04101
207-874-1111 | ymcaofsouthernmaine.org

Showers are
mandatory before
entering the pool area.

Get text notification for
closures and cancellations:
Text: @GPYAQU TO 81010

**TEXT ALERTS
REAL TIME UPDATES**
SIGN UP TODAY for Remind

