



# BE A Y LIFEGUARD!

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

## GREATER PORTLAND BRANCH POOL SCHEDULE

### - MALCOLM POOL -

As of April 6, 2026

**BOLD = Open lane(s) for lap or free swim**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	<b>6 Lanes</b> 6:00am-12:00pm	<b>6 Lanes</b> 6:00am-12:00pm	<b>6 Lanes</b> 6:00am-12:00pm	<b>6 Lanes</b> 6:00am-12:00pm	<b>6 Lanes</b> 6:00-9:00am	<b>6 Lanes</b> 8:00am-9:00am	<b>6 Lanes</b> 9:00am-1:45pm
7:00 AM							
8:00 AM					<b>4 Lanes /</b> 2 Lanes Aqua Intervals 9:00am-9:45am	<b>4 Lanes /</b> 2 Lanes Swim Lessons 9:00am-10:10am	
9:00 AM							
10:00 AM	<b>6 Lanes</b> 9:45am-12:00pm	<b>6 Lanes</b> 10:10am-3:45pm					
11:00 AM							
12:00 PM	<b>4 Lanes /</b> 2 Lanes Masters 12:00pm-1:00pm	<b>4 Lanes /</b> 2 Lanes Masters 12:00pm-1:00pm	<b>4 Lanes /</b> 2 Lanes Masters 12:00pm-1:00pm	<b>4 Lanes /</b> 2 Lanes Masters 12:00pm-1:00pm	<b>4 Lanes /</b> 2 Lanes Masters 12:00pm-1:00pm	<b>6 Lanes</b> 10:10am-3:45pm	
1:00 PM	<b>6 Lanes</b> 1:00pm-2:00pm	<b>6 Lanes</b> 1:00-6:30pm	<b>6 Lanes</b> 1:00pm-2:00pm	<b>6 Lanes</b> 1:00-4:30pm	<b>6 Lanes</b> 1:00pm-7:45pm		
2:00 PM	<b>5 Lanes /</b> 1 Lane Peaks to Portland Training 2:00pm-3:00pm		<b>5 Lanes /</b> 1 Lane Peaks to Portland Training 2:00pm-3:00pm				
3:00 PM	<b>6 Lanes</b> 3:00pm-3:30pm		<b>6 Lanes</b> 3:00pm-4:30pm				
4:00 PM	<b>4 Lanes /</b> 2 Lanes Swim Lessons 3:30pm-5:30pm	<b>4 Lanes /</b> 2 Lanes Aqua Flow 6:30pm-7:15pm	<b>4 Lanes /</b> 2 Lanes Swim Lessons 4:30pm-5:30pm	<b>5 Lanes /</b> 1 Lane Swim Club 4:30pm-5:30pm	<b>3 Lanes /</b> 3 Lanes Swim Teams 5:30pm-7:45pm		
5:00 PM	<b>1 Lane /</b> 2 Lanes Swim Lessons / 3 Lanes Swim Team 5:30pm-7:00pm		<b>1 Lane /</b> 2 Lanes Swim Lessons / 3 Lanes Swim Team 5:30pm-7:00pm				
6:00 PM	<b>6 Lanes</b> 7:00pm-7:45pm		<b>6 Lanes</b> 7:15pm-7:45pm				
7:00 PM							



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: @GPYAU TO 81010

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

