



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 4th, 2026

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6 Lanes 6:00am-12:00pm	6 Lanes 6:00am-9:45am	6 Lanes 6:00am-9:45am	6 Lanes 6:00am-12:00pm	6 Lanes 6:00am-2:15pm	3 Lanes / 3 Lanes Lifeguard Course 8:00am-9:00am	6 Lanes 9:00am-1:45pm
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM	Pool Closed (Reopens at 12:00pm)	Pool Closed (Reopens at 12:00pm)					
12:00 PM	4 Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Lanes / 2 Lanes Masters 12:00pm-1:00pm	Pool Closed (Reopens at 2:00pm)			
1:00 PM	6 Lanes 1:00pm-5:30pm	6 Lanes 1:00pm-7:45pm	6 Lanes 1:00pm-4:30pm	6 Lanes 2:00pm-5:30pm	Pool Closed (Reopens at 4:00pm)		
2:00 PM							
3:00 PM							
4:00 PM			4 Lanes / 2 Lanes Swim Lessons 4:30pm-5:30pm				
5:00 PM	3 Lanes / 3 Lanes Swim Team 5:30pm-7:00pm		1 Lane / 2 Lanes Swim Lessons / 3 Lanes Swim Team 5:30pm-7:00pm	3 Lanes / 3 Lanes Swim Teams 5:30pm-7:45pm	6 Lanes 4:00pm-7:45pm		
6:00 PM							
7:00 PM	6 Lanes 7:00pm-7:45pm		6 Lanes 7:00pm-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: @GPYAU TO 81010

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

