



BE A Y LIFEGUARD!

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

GREATER PORTLAND BRANCH
POOL SCHEDULE

- MALCOLM POOL -

As of March 9, 2026

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Pool Closed (opens at 10am)	6 Lanes 6:00am-12:00pm	Pool Closed (opens at 8am)	Pool Closed (opens at 8am)	6 Lanes 6:00-9:00am	6 Lanes 8:00am-9:00am	3 Lanes / 3 Lanes Lifeguard Class 9:00am-1:45pm
7:00 AM			6 Lanes 8:00am-11:00am	6 Lanes 8:00am-12:00pm	4 Lanes / 2 Lanes Aqua Intervals 9:00am-9:45am		
8:00 AM						4 Lanes / 2 Lanes Dual Depth Aerobics 11:00am-11:45am	
9:00 AM			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		
10:00 AM	6 Lanes 1:00pm-3:30pm	6 Lanes 1:00-4:30pm				6 Lanes 1:00-4:30pm	6 Lanes 12:00pm-3:45pm
11:00 AM			4 Lanes / 2 Lanes Swim Lessons 3:30pm-5:30pm	5 Lanes / 1 Lane Swim Club 4:30pm-5:30pm	5 Lanes / 1 Lane Swim Club 4:30pm-5:30pm		
12:00 PM	1 Lane / 2 Lanes Swim Lessons 3 Lanes Swim Team 5:30pm-7:00pm	6 Lanes 5:30pm-7:45pm				3 Lanes / 3 Lanes Swim Teams 7:00pm-7:45pm	
1:00 PM			3 Lanes / 3 Lanes Swim Teams 7:00pm-7:45pm	Pool Closed			
2:00 PM							
3:00 PM							
4:00 PM							
5:00 PM							
6:00 PM							
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: @GPYAQU TO 81010

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

