



BE A Y LIFEGUARD!

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

GREATER PORTLAND BRANCH POOL SCHEDULE

- MALCOLM POOL -

As of July 13, 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-9:45am	6 Open Lanes 6:00am-9:15am	6 Open Lanes 6:00am-9:45am	6 Open Lanes 6:00am-10:15am	YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event	YMCA Closed Sundays for the Summer Starting June 21	
7:00 AM								
8:00 AM								
9:00 AM		4 Open Lanes / 2 Lanes Aqua Intervals 9:15am-10:00am						
10:00 AM		Closed for Maintenance (Reopens at 12:00pm)	6 Open Lanes 10:00am-12:00pm	Closed for Maintenance (Reopens at 12:00pm)	4 Open Lanes / 2 Lanes Aqua Intervals 10:15am-11:00am			
11:00 AM					6 Open Lanes 11:00am-12:00pm			
12:00 PM	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				
1:00 PM	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:30pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:30pm	6 Open Lanes 1:00pm-3:00pm			
2:00 PM								
3:00 PM		4 Open Lanes / 2 Lanes Lessons 3:30pm-4:30pm		4 Open Lanes / 2 Lanes Lessons 3:30pm-4:30pm				
4:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-6:00pm	3 Open Lanes / 1 Lane Swim Club 2 Lanes Family Swim 4:30pm-5:30pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-7:00pm	3 Open Lanes / 1 Lane Swim Club 2 Lanes Family Swim 4:30pm-5:30pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm			
5:00 PM								
6:00 PM	6 Open Lanes 6:00pm-7:45pm	4 Open Lanes / 2 Lanes Family Swim 5:30pm-7:45pm		4 Open Lanes / 2 Lanes Family Swim 5:30pm-7:45pm				
7:00 PM								6 Open 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: @GPYAUQ TO 81010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind





