



# BE A Y LIFEGUARD!

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

## GREATER PORTLAND BRANCH POOL SCHEDULE

- MALCOLM POOL -

As of June 15, 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	YMCA Closed in Observance of Juneteenth	4 Open Lanes / 2 Lanes Family Swim 8:00am-9:00am	2 Open Lanes / 2 Lanes Family Swim 2 Lanes Intro Group Swim 9:00am-10:00am	
7:00 AM			4 Open Lanes / 2 Lanes Aqua Intervals 9:15am-10:00am					4 Open Lanes / 2 Lanes Family Swim 8:00am-9:00am
8:00 AM			Closed for Maintenance (Reopens at 12:00pm)					
9:00 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 Family Swim 9:00am-12:00pm		
10:00 AM			4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm					4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm
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 Family Swim 9:00am-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 Family Swim 10:00am-1:45pm
1:00 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		
2:00 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 Family Swim 12:00pm-3:45pm
3:00 PM		3 Open Lanes / 3 Lanes Swim Team 3:30pm-4:00pm		3 Open Lanes / 3 Lanes Swim Team 3:30pm-5:00pm		3 Open Lanes / 3 Lanes Swim Team 3:30pm-4:00pm		
4:00 PM	3 Open Lanes / 3 Lanes Swim Team 3:30pm-4:00pm		3 Open Lanes / 3 Lanes Swim Team 3:30pm-5:00pm				3 Open Lanes / 3 Lanes Swim Team 3:30pm-4:00pm	3 Open Lanes / 3 Lanes Swim Team 3:30pm-4:00pm
5:00 PM		1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 4:00pm-6:10pm		4 Open Lanes / 2 Lanes Family Swim 5:00pm-6:15pm		1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 4:00pm-6:10pm		
6:00 PM	1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 4:00pm-6:10pm		4 Open Lanes / 2 Lanes Family Swim 5:00pm-6:15pm		1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 4:00pm-6:10pm		3 Open Lanes / 3 Lanes Swim Team 3:30pm-7:45pm	
7:00 PM		3 Open Lanes / 3 Lanes Swim Team 6:10pm-7:45pm		2 Open Lanes / 2 Lanes Family Swim 2 Lanes Swim Team 6:15pm-7:15pm		3 Open Lanes / 2 Lanes Lessons 2 Lanes Swim Team 5:30pm-7:00pm		4 Open Lanes / 2 Lanes Family Swim 7:15pm-7:45pm
	3 Open Lanes / 3 Lanes Swim Team 6:10pm-7:45pm		2 Open Lanes / 2 Lanes Family Swim 2 Lanes Swim Team 6:15pm-7:15pm		3 Open Lanes / 2 Lanes Lessons 2 Lanes Swim Team 5:30pm-7:00pm		4 Open Lanes / 2 Lanes Family Swim 7:15pm-7:45pm	
		3 Open Lanes / 3 Lanes Swim Team 6:10pm-7:45pm		4 Open Lanes / 2 Lanes Family Swim 7:15pm-7:45pm		4 Open Lanes / 2 Lanes Swim Teams 7:00pm-7:45pm		4 Open Lanes / 2 Lanes Family Swim 7:15pm-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

