



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 8, 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	3 Open Lanes / 3 Lanes Lifeguard Course 8:00am-9:00am	2 Open Lanes / 2 Lanes Family Swim 10:00am-1:45pm		
7:00 AM			4 Open Lanes / 2 Lanes Aqua Intervals 9:15am-10:00am						
8:00 AM			4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm						
9:00 AM	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:00pm	6 Open Lanes 10:00am-12:00pm	6 Open Lanes 1:00pm-5:00pm	6 Open Lanes 1:00pm-3:00pm	3 Open Lanes / 3 Lanes Lifeguard Course 12:00pm-3:45pm	4 Open Lanes / 2 Lanes Family Swim 10:00am-1:45pm		
10:00 AM			Closed for Maintenance (Reopens at 12:00pm)					Closed for Maintenance (Reopens at 12:00pm)	4 Open Lanes / 2 Lanes Aqua Intervals 10:15am-11:00am
11:00 AM			4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm					4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	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	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	3 Open Lanes / 3 Lanes Lifeguard Course 12:00pm-3:45pm	4 Open Lanes / 2 Lanes Family Swim 10:00am-1:45pm		
1:00 PM	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-5:00pm	6 Open Lanes 1:00pm-3:00pm	6 Open Lanes 1:00pm-3:00pm				
2:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm							
3:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm							
4:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	6 Open Lanes 1:00pm-5:00pm	6 Open Lanes 1:00pm-3:00pm	3 Open Lanes / 3 Lanes Lifeguard Course 12:00pm-3:45pm	4 Open Lanes / 2 Lanes Family Swim 10:00am-1:45pm		
5:00 PM	1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-6:10pm		1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-7:00pm					4 Open Lanes / 2 Lanes Lessons 5:00pm-5:30pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm
6:00 PM	3 Open Lanes / 3 Lanes Swim Team 6:10pm-7:45pm		1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-6:30pm					3 Open Lanes / 3 Lanes Swim Teams 7:00pm-7:45pm	3 Open Lanes / 3 Lanes Swim Teams 6:30pm-7:45pm
7:00 PM	3 Open Lanes / 3 Lanes Swim Team 6:10pm-7:45pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm	3 Open Lanes / 3 Lanes Swim Teams 7:00pm-7:45pm	3 Open Lanes / 3 Lanes Swim Teams 6:30pm-7:45pm	3 Open Lanes / 3 Lanes Swim Teams 6:30pm-7:45pm	3 Open Lanes / 3 Lanes Lifeguard Course 12:00pm-3:45pm	4 Open Lanes / 2 Lanes Family Swim 10:00am-1:45pm		



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

