



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 22, 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	4 Open Lanes / 2 Lanes Intro Group Swim 8:00am-9:00am	YMCA Closed Sundays for the Summer Starting June 21
7:00 AM			4 Open Lanes / 2 Lanes Aqua Intervals 9:15am-10:00am	6 Open Lanes 10:00am-12:00pm	Closed for Maintenance (Reopens at 12:00pm)		
8:00 AM						6 Open Lanes 11:00am-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 Masters 12:00pm-1:00pm			
10:00 AM					6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:00pm	
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 Masters 12:00pm-1:00pm				
12:00 PM				6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:00pm	
1:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-6:10pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-7:00pm				
2:00 PM				6 Open Lanes 6:10pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 6:30pm-7:45pm	
3:00 PM	6 Open Lanes 6:10pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 6:30pm-7:45pm				
4:00 PM				6 Open Lanes 6:10pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 6:30pm-7:45pm	
5:00 PM	6 Open Lanes 6:10pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 6:30pm-7:45pm				
6:00 PM				6 Open Lanes 6:10pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 6:30pm-7:45pm	
7:00 PM	6 Open Lanes 6:10pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 6:30pm-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: @GPAQU TO 81010

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

