



BE A Y LIFEGUARD!

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

GREATER PORTLAND BRANCH POOL SCHEDULE

- MALCOLM POOL -

As of May 11th, 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-12:00pm	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 6:00am-9:45am	6 Open Lanes 6:00am-12:00pm	6 Open Lanes 8:00am-9:00am	6 Open Lanes 9:00am-1:45pm
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
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	Pool Closed (Reopens at 12:00pm)	4 Open Lanes / 2 Lanes Masters 12:00pm-1:00pm	4 Open Lanes / 2 Lanes Lessons 9:00am-12:00pm	
12:00 PM							
1:00 PM							
2:00 PM	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-4:00pm	Pool Closed (Reopens at 2:00pm)	6 Open Lanes 12:00pm-3:45pm	
3:00 PM							
4:00 PM	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	6 Open Lanes 1:00pm-7:45pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-5:30pm	6 Open Lanes 1:00pm-5:45pm	6 Open Lanes 12:00pm-3:45pm	
5:00 PM	1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-7:00pm		1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Team 5:30pm-7:00pm	1 Open Lane / 2 Lanes Lessons 3 Lanes Swim Teams 5:30pm-6:30pm			
6:00 PM	6 Open Lanes 7:00pm-7:45pm		6 Open Lanes 7:00pm-7:45pm	6 Open Lanes 7:00pm-7:45pm	3 Open Lanes / 3 Lanes Swim Teams 6:30pm-7:45pm		Pool Closed for Maintenance
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

