



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 29, 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	Closed for Maintenance (Reopens at 12:00pm)	6 Open Lanes 10:00am-12:00pm	Closed for Maintenance (Reopens at 12:00pm)	YMCA Closed in Observance of Independence Day	YMCA Closed in Observance of Independence Day	YMCA Closed Sundays for the Summer Starting June 21		
7:00 AM									
8:00 AM									
9:00 AM									
10:00 AM									
11:00 AM									
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	YMCA Closed in Observance of Independence Day	YMCA Closed in Observance of Independence Day	YMCA Closed Sundays for the Summer Starting June 21		
1:00 PM	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:00pm	6 Open Lanes 1:00pm-4:00pm	6 Open Lanes 1:00pm-3:00pm					
2:00 PM									
3:00 PM									
4:00 PM									
5:00 PM									
6:00 PM									
7:00 PM	6 Open Lanes 7:00pm-7:45pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm	4 Open Lanes / 2 Lanes Lessons 4:00pm-7:00pm	6 Open Lanes 6:30pm-7:45pm	YMCA Closed in Observance of Independence Day	YMCA Closed in Observance of Independence Day	YMCA Closed Sundays for the Summer Starting June 21		
8:00 AM	6 Open Lanes 6:00am-9:45am							4 Open Lanes / 2 Lanes Aqua Intervals 9:15am-10:00am	6 Open Lanes 6:00am-9:45am
9:00 AM									
10:00 AM									
11:00 AM									
12:00 PM									
1:00 PM									
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 Masters 12:00pm-1:00pm					
3:00 PM									
4:00 PM									
5:00 PM									
6:00 PM									
7:00 PM									

Love swimming?
Why not teach
others to swim? We
are hiring swim
instructors - and
will train you!



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

