



BE A Y LIFEGUARD!

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

GREATER PORTLAND BRANCH POOL SCHEDULE

- MALCOLM POOL -

As of August 24, 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-6:45am	6 Open Lanes 6:00am-9:15am	6 Open Lanes 6:00am-9:45am	6 Open Lanes 6:00am-12:00pm		
7:00 AM		4 Open Lanes / 2 Lanes Dual Depth Aerobics 6:45am-7:30am					
8:00 AM		6 Open Lanes 7:30am-9:45am					
9:00 AM			4 Open Lanes / 2 Lanes Aqua Intervals 9:15am-10:00am			6 Open Lanes 9:00am-3:45pm	Greater Portland Branch Closed Sundays for the Summer
10:00 AM		Closed for Maintenance (Reopens at 12:00pm)	6 Open Lanes 10:00am-12:00pm	Closed for Maintenance (Reopens at 12:00pm)			
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			
1:00 PM	6 Open Lanes 1:00pm-3:00pm	6 Open Lanes 1:00pm-3:00pm	6 Open Lanes 1:00pm-3:00pm	6 Open Lanes 1:00pm-3:00pm			
2:00 PM							
3:00 PM	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-4:30pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-4:30pm	4 Open Lanes / 2 Lanes Family Swim 3:00pm-7:45pm		 Scan the QR Code for the Greater Portland Pool Schedule
4:00 PM		3 Open Lanes / 2 Lanes Family Swim 1 Lane Swim Club 4:30pm-5:30pm		3 Open Lanes / 2 Lanes Family Swim 1 Lane Swim Club 4:30pm-5:30pm			
5:00 PM							
6:00 PM		4 Open Lanes / 2 Lanes Family Swim 5:30pm-7:45pm		4 Open Lanes / 2 Lanes Family Swim 5:30pm-7:45pm			
7:00 PM							

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: @GPYAUQ TO 81010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind

