



BE A Y LIFEGUARD!

FREE TRAINING | CONTACT: Amy Boyd (207-865-9600, aboyd@ymcaofsouthernmaine.org)

CASCO BAY BRANCH POOL SCHEDULE

- LARGE POOL -

As of August 10, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am - 9:00am 8 Lap Lanes	6:00am - 9:00am 8 Lap Lanes	6:00am - 9:00am 8 Lap Lanes	6:00am - 9:00am 8 Lap Lanes	Pool Closed (Opens at 9:15)	8:00am - 10:00am 8 Lap Lanes	
7:00 AM							
8:00 AM							
9:00 AM	9:00am - 10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am - 10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am - 10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:00am - 10:00am 5 Lap Lanes / 3 Lanes Aqua Aerobics	9:15am - 1:00pm 8 Lap Lanes	10:00am - 11:00am 4 Lap Lanes / 1 Swim Lesson Lane 3 Lanes Aqua Aerobics	9:00am - 1:45pm 8 Lap Lanes
10:00 AM	10:00am - 12pm 8 Lap Lanes	10:00am - 3:00pm 8 Lap Lanes	10:00am - 12pm 8 Lap Lanes	10:00am - 1:00pm 8 Lap Lanes			
11:00 AM	*12:00-1:15pm Join the Masters for a Swim. Workout Provided		*12:00-1:15pm Join the Masters for a Swim. Workout Provided				
12:00 PM	11:45am - 1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp		12:00pm- 1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp		Pool Closed (Reopens at 4:30)		
1:00 PM		12:00pm-1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp					
2:00 PM							
3:00 PM	3:00pm - 4:30pm 8 lap lanes		4:30pm-5:00pm 7 Lap Lanes / 1 Lane Lessons	Pool Closed (Reopens at 4:30)	12:00pm-1:45pm 2 Lanes Open Swim / 4 Lap Lanes / 2 Lanes Camp	11:00am - 12:00pm 6 Lap Lanes / 1 swim lessons	12:00pm - 3:45pm 8 Lap Lanes
4:00 PM							
5:00 PM		1:45pm - 7:00pm 8 Lap Lanes					
6:00 PM	5:00pm - 6:00pm 5 Lap Lanes / 2 Aqua Aerobics / 1 Lane Lessons		1:45pm-7:00pm 8 Lap Lanes	5:00pm - 6:00pm 5 Lap Lanes / 2 Aqua Aerobics / 1 Lane Lessons			
	6:00pm - 7:00pm 6 Lap Lanes / 2 Lanes Lessons			6:00pm - 7:00pm 6 Lap Lanes / 2 Lanes Lessons			
7:00 PM	7:00pm - 7:45pm 8 Lap Lanes	7:00pm - 7:45pm 8 Lap Lanes	7:00pm - 7:45pm 8 Lap Lanes	7:00pm - 7:45pm 8 Lap Lanes			



Scan the QR code
for the Casco Bay Branch
Pool Schedule



Scan the QR code
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Pool Schedule

- SMALL POOL -

As of August 10, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	6:00am-8:00am Open Swim	6:00am-8:00am Open Swim	6:00am-8:00am Open Swim	6:00am-8:00am Open Swim	Small Pool Closed (Opens at 9:15)	8:00am-8:30am <u>Shallow End</u> - Open Swim / <u>Deep End</u> - Adult Only: Self-Led Exercise		
7:00 AM								
8:00 AM	8:00am-8:45am Adult Only: Self-Led Exercise	8:00am-8:45am Adult Only: Self-Led Exercise	8:00am-8:45am Adult Only: Self-Led Exercise	8:00am-8:45am Adult Only: Self-Led Exercise				
9:00 AM	8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	8:45am-10:00am <u>Shallow End</u> - Swim Lessons <u>Deep End</u> - Adult Only: Self-Led Exercise	8:45am-10:00am <u>Shallow End</u> - Swim Lessons <u>Deep End</u> - Adult Only: Self-Led Exercise	9:00am - 10:00am <u>Shallow End</u> - Swim Lessons <u>Deep End</u> - Adult Only: Self-Led Exercise	9:15am-10:00am <u>Shallow End</u> - Open Swim / <u>Deep End</u> - Adult Only: Self-Led Exercise	8:30am-12:30am Lessons Only	9:00am-1:45pm Open Swim	
10:00 AM	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only	Aqua Arthritis Only			
11:00 AM	11:00pm-12:00pm Open Swim	11:00am-12:00pm Lessons Only	11:00am-12:00pm Lessons Only		11:00pm-12:00pm Open Swim			
12:00 PM	12:00pm-2:30pm Camp Swim Only	12:00pm-4:30pm Open Swim	12:00pm-2:30pm Camp Swim Only		Small Pool Closed			12:00pm-2:30pm Camp Swim Only
1:00 PM								
2:00 PM								
3:00 PM						12:30pm-3:45pm Open Swim		
4:00 PM	2:30pm-5:15pm Open Swim				Small Pool Closed (Reopens at 5)			
5:00 PM	5:15pm-7pm Lessons Only	4:30pm-6:45pm Lessons Only	Small Pool Closed (Reopens at 7:00)	4:30pm-6:45pm Lessons Only				
6:00 PM								
7:00 PM	7pm-7:45pm Open Swim	Small Pool Closed	7:00pm - 7:45pm Open Swim-Shallow End / Adult Lessons Only-Deep End	Small Pool Closed	5:00pm-7:45pm Open Swim			

PLEASE NOTE: The pool schedule is subject to change at any time.

CASCO BAY BRANCH

YMCA OF SOUTHERN MAINE
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Showers are
mandatory before
entering the pool area.

Get text notification for
closures and cancellations:
Text: @CBYAU TO 81010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind

