



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



Scan the QR code
for the Casco Bay Branch
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	Small Pool Closed (Opens at 9:00am)	6:00am-8:00am Open Swim		
7:00 AM							
8:00 AM	8:00am-8:45am Adult Only: Self-Led Exercise	6:00am-9:00am Open Swim	8:00am-8:45am Adult Only: Self-Led Exercise		8:00am-8:45am Water Tai Chi		
9:00 AM	8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	9:00am-10:00am <u>Shallow End</u> - Swim Lessons <u>Deep End</u> - Open Swim	8:45am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	9am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	9am-10:00am <u>Shallow End</u> - Open Swim <u>Deep End</u> - Adult Only: Self-Led Exercise	8:00am-12:00pm Lessons Only	
10:00 AM	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only	10:00am-11:00am Aqua Arthritis Only		
11:00 AM	11:00am-12:00pm Lessons Only		11:00am-12:00pm Lessons Only		11:00pm-12:00pm Open Swim		9:00am-1:45pm Open Swim
12:00 PM							
1:00 PM	12:00pm-2:30pm Camp Swim Only	11:00am-4:15pm Open Swim	12:00pm-2:30pm Camp Swim Only	11:00am-4:15pm Open Swim	12:00pm-2:30pm Camp Swim Only	12:00pm-3:45pm Open Swim	
2:00 PM							
3:00 PM	Small Pool Closed (Opens at 5pm)		2:30pm-7:00pm Open Swim	4:30pm-6:45pm Lessons Only	Small Pool Closed (Opens at 5pm)		
4:00 PM							
5:00 PM	5:00pm-7pm Lessons Only	4:30pm-6:45pm Lessons Only					
6:00 PM					5:00pm-7:45pm Open Swim		
7:00 PM	700pm-7:45pm Open Swim	6:45pm-7:45pm Open Swim	7:00pm - 7:45pm Open Swim-Shallow End / Adult Lessons Only-Deep End	6:45pm-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: @CBYQU TO 81010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind

