CASCO BAY BRANCH - POOL SCHEDULE

Weekly Schedule / **November 2-8, 2026** / **Contact:** Grace Rocheleau - grocheleau@ymcaofsouthernmaine.org

BRANCH HOURS
Monday - Friday: 6:00am - 8:00pm
Saturday: 8:00am - 4:00pm
Sunday: 9:00am - 2:00pm

	MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6	SATURDAY 11/7	SUNDAY 11/8
Lap Lanes Large Pool	**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-9:00am** 8 Lap Lanes	**12:00pm-3:45pm** 5 Lap Lanes	**9:00am-12:00pm** 5 Lap Lanes
	9:00am-10:00am 5 Lap Lanes	**9:00am-10:00am** 5 Lap Lanes	**9:00am-10:00am** 5 Lap Lanes	**9:00am-10:00am** 5 Lap Lanes	**4:00pm-7:45pm** 5 Lap Lanes		**12:30pm-1:45pm** 5 Lap Lanes
	10:00am-12:00pm 8 Lap Lanes	**10:00am-12:00pm** 8 Lap lanes	**11:00am-12:00pm** 8 Lap Lanes	**10:00am-1:00pm** 8 Lap Lanes			
	12:00pm-1:30pm 5 Lap Lanes		**12:00pm-1:30pm** 5 Lap Lanes	**7:00pm-7:45pm** 8 Lap Lanes			
	5:15pm-6:30pm 8 Lap Lanes		**6:30pm-7:45pm** 7 Lap Lanes				
	6:30pm-7:45pm 7 Lap Lanes						

	MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6	SATURDAY 11/7	SUNDAY 11/8
Open Swim Small Pool	**9:00am-10:00am**	**9:00am-10:00am**	**9:00am-10:00am**	**9:00am-10:00am**	**6:00am-8:00am**	**12:00pm-3:45pm**	**9:00am-12:00pm**
	11:00am-12:00pm		**11:00am-12:00pm**	**11:00am-12:00pm**			
	7:15pm-7:45pm						

	MONDAY 11/2	TUESDAY 11/3	WEDNESDAY 11/4	THURSDAY 11/5	FRIDAY 11/6	SATURDAY 11/7	SUNDAY 11/8
Aquatics Programs [Large OR Small Pool]	**9:00am-10:00am** Aqua Aerobics (**Large** Pool)	**9:00am-10:00am** Aqua Aerobics (**Large** Pool)	**9:00am-10:00am** Aqua Aerobics (**Large** Pool)	**9:00am-10:00am** Aqua Aerobics (**Large** Pool)	**8:00am-9:00am** Water Tai Chi (**Small** Pool)	**8:00am - 3:45pm** Lifeguard Certification Class (**Large** Pool)	**9:00am - 1:45pm** Lifeguard Certification Class (**Large** Pool)
	10:00am-11:00am Aqua Arthritis (**Small** Pool)	**10:00am-11:00am** Aqua Arthritis (**Small** Pool)	**10:00am-11:00am** Aqua Arthritis (**Small** Pool)	**10:00am-11:00am** Aqua Arthritis (**Small** Pool)	**4:00pm-7:45pm** Lifeguard Certification Class (**Large** Pool)		
	12:00pm-1:15pm Masters Swim (**Large** Pool)		**12:00pm-1:15pm** Masters Swim (**Large** Pool)	**4:00pm-5:15pm** Swim Lessons (**Small** Pool)			
	4:00pm-7:15pm Swim Lessons (**Small** Pool)		**4:30pm-6:30pm** Swim Lessons (**Small** Pool)	**5:00pm-6:00pm** Aqua Aerobics (**Large** Pool)			
			6:45pm-7:30pm Swim Lessons (**Large** Pool)	**5:30pm-6:15pm** Swim Lessons (**Large** Pool)			
				6:30pm-7:00pm Swim Lessons (**Small** Pool)			
				4:00pm-7:45pm Lifeguard Certification Class (**Large** Pool)			