



CASCO BAY BRANCH - POOL SCHEDULE

Weekly Schedule / October 5-11, 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 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	SATURDAY 10/10	SUNDAY 10/11
Lap Lanes Large Pool	9:00am-10:00am 5 Lap Lanes	6:00am-9:00am 8 Lap Lanes	6:00am-9:00am 8 Lap Lanes	8:00am-9:00am 8 Lap Lanes	6:00am-9:00am 8 Lap Lanes	8:00am-10:00am 8 Lap Lanes	9:00am-1:45pm 8 Lap Lanes
	12:00pm-1:30pm 6 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 8 Lap Lanes	10:00am-11:00am 5 Lap Lanes	
	5:00pm-7:45pm 8 Lap Lanes	10:00am-12:00pm 8 Lap Lanes	10:00am-12:00pm 8 Lap Lanes	10:00am-11:00am 8 Lap Lanes		11:00am-3:45pm 8 Lap Lanes	
			12:00pm-1:30pm 6 Lap Lanes	1:00pm-4:00pm 8 Lap Lanes			
				7:00pm-7:45pm 8 Lap Lanes			
	MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	SATURDAY 10/10	SUNDAY 10/11
Open Swim Small Pool	11:00am-12:00pm	6:00am-10:00am	6:00am-10:00am	9:00am-10:00am		12:00pm-3:45pm	9:00am-1:45pm
	7:15pm-7:45pm	11:00am-12:00pm	11:00pm-12:00pm	11:00am-12:00am			
				5:30pm-6:15pm			
				7:00pm-7:45pm			
	MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	SATURDAY 10/10	SUNDAY 10/11
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)		10:00am-11:00am Aqua Aerobics (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)			
	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-7:30pm Swim Lessons (Small Pool)			5:30pm-6:15pm Swim Lessons (Large Pool)			
				6:30pm-7:00pm Swim Lessons (Small Pool)			