



GREATER PORTLAND BRANCH - POOL SCHEDULE

Weekly Schedule / October 5-11, 2026 / Contact: Caitlin Avelis - cavelis@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
Open Lanes	6:00am - 12:00pm 6 Lanes	6:00am - 6:45am 6 Lanes	6:00am - 12:00pm 6 Lanes	6:00am - 6:45am 6 Lanes	6:00am - 12:00pm 6 Lanes	8:00am - 3:45pm 4 Lanes	9:00am - 1:45pm 4 Lanes
	12:00pm - 1:00pm 4 Lanes	6:45am - 7:30am 4 Lanes	12:00pm - 1:00pm 4 Lanes	6:45am - 7:30am 4 Lanes	12:00pm - 1:00pm 4 Lanes		
	1:00pm - 3:50pm 6 Lanes	7:30am - 9:15am 6 Lanes	1:00pm - 5:30pm 6 Lanes	7:30am - 12:00pm 6 Lanes	1:00pm - 7:45pm 6 Lanes		
	3:50pm - 5:30pm 4 Lanes	9:15am - 10:00am 4 Lanes	5:30pm - 7:00pm 3 Lanes	12:00pm - 1:00pm 4 Lanes			
	5:30 pm - 7:00pm 1 Lane	10:00am - 12:00pm 6 Lanes	7:00pm - 7:45pm 5 Lanes	1:00pm - 4:30pm 6 Lanes			
	7:00pm - 7:45pm 3 Lanes	12:00pm - 1:00pm 4 Lanes		4:30pm - 5:30pm 3 Lanes			
		1:00pm - 4:30pm 6 Lanes		5:30pm - 7:45pm 3 Lanes			
		4:30pm - 5:30pm 3 Lanes					
		5:30pm - 7:45pm 4 Lanes					
	MONDAY 10/5	TUESDAY 10/6	WEDNESDAY 10/7	THURSDAY 10/8	FRIDAY 10/9	SATURDAY 10/10	SUNDAY 10/11
Aquatics Programs	12:00pm - 1:00pm Masters Workout	6:45am - 7:30am Dual Depth Aerobics with Hattie	12:00pm - 1:00pm Masters Workout	6:45am - 7:30am Aqua Zumba with Hattie	12:00pm - 1:00pm Masters Workout	8:00am - 12:00pm Swim Lessons	9:00am - 10:00am Adult Group Swim with Joanne
	3:50pm - 7:45pm Swim Lessons	9:15am - 10:00am Aquafit Intervals with Mel	5:30pm - 7:30pm Portland Porpoise Swim Club	12:00pm - 1:00pm Masters Workout		12:00pm - 2:45pm Family Swim	10:00am - 1:45pm Family Swim
	5:30pm - 7:30pm Portland Porpoise Swim Club	12:00pm - 1:00pm Masters Workout		4:30pm - 5:30pm Y Swim Club		2:45pm - 3:45pm Swim Lessons	
		4:30pm - 5:30pm Y Swim Club		4:30pm - 7:30pm Portland Porpoise Swim Club			
		4:30pm - 7:45pm Portland Porpoise Swim Club					