



CASCO BAY BRANCH - POOL SCHEDULE

Weekly Schedule / October 26-November 1, 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 10/26		TUESDAY 10/27		WEDNESDAY 10/28		THURSDAY 10/29		FRIDAY 10/30		SATURDAY 10/31		SUNDAY 11/1	
Lap Lanes Large Pool	9:00am-10:00am 5 Lap Lanes	6:00am-9:00am 8 Lap Lanes	9:00am-10:00am 5 Lap Lanes	6:00am-9:00am 8 Lap Lanes	4:00pm-7:45pm 8 Lap Lanes	12:00pm-3:45pm 8 Lap Lanes	9:00am-1:45pm 8 Lap Lanes						
	10:00am-12:00pm 8 Lap Lanes	9:00am-10:00am 5 Lap Lanes	11:00pm-12:00pm 8 Lap Lanes	9:00am-10:00am 5 Lap Lanes									
	12:00pm-1:30pm 6 Lap Lanes	10:00am-12:00pm 8 Lap Lanes	12:00pm-1:30pm 5 Lap Lanes	4:00pm-5:00pm 5 Lap Lanes									
	5:15pm-7:45pm 8 Lap Lanes	4:30pm-5:00pm 5 Lap Lanes	7:00pm-7:45pm 7 Lap Lanes	5:00pm-6:00pm 3 Lap Lanes									
		5:00pm-6:00pm 3 Lap Lanes		6:00pm-7:45pm 8 Lap Lanes									
		6:00pm-7:15pm 7 Lap Lanes											
		7:15pm-7:45pm 8 Lap Lanes											
MONDAY 10/26		TUESDAY 10/27		WEDNESDAY 10/28		THURSDAY 10/29		FRIDAY 10/30		SATURDAY 10/31		SUNDAY 11/1	
Open Swim Small Pool	9:00am-10:00am	11:00am-12:00pm	9:00am-10:00am	11:00am-12:00pm						12:00pm-3:45pm		9:00am-1:45pm	
	11:00am-1:00pm		11:00pm-12:00pm	7:00pm-7:45pm									
	7:15pm-7:45pm												
MONDAY 10/26		TUESDAY 10/27		WEDNESDAY 10/28		THURSDAY 10/29		FRIDAY 10/30		SATURDAY 10/31		SUNDAY 11/1	
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 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)	4:00pm-6:45pm Swim Lessons (Small 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-5:30pm Swim Club (Large Pool)	4:30pm-6:30pm Swim Lessons (Small Pool)	4:30pm-5:30pm Swim Club (Large Pool)									
		5:00pm-6:00pm Aqua Aerobics (Large Pool)	6:45pm-7:30pm Swim Lessons (Large Pool)	5:00pm-6:00pm Aqua Aerobics (Large Pool)									
		5:30pm-7:15pm Swim Lessons (Large Pool)	7:00pm-7:45pm Teen/Adult Lessons (Large Pool)	5:30pm-6:15pm Swim Lessons (Large Pool)									
				6:30pm-7:00pm Swim Lessons (Small Pool)									