



CASCO BAY BRANCH - POOL SCHEDULE

Weekly Schedule / September 14-20, 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 9/14		TUESDAY 9/15		WEDNESDAY 9/16		THURSDAY 9/17		FRIDAY 9/18		SATURDAY 9/19		SUNDAY 9/20	
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	6:00am-9:00am 8 Lap Lanes	9:00am-12:00pm 8 Lap Lanes	8:00am-10:00am 8 Lap Lanes	9:00am-1:45pm 8 Lap Lanes						
	10:00pm-7:45pm 8 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							
		10:00am-12:00pm 8 Lap Lanes	10:00am-12:00pm 8 Lap Lanes	10:00am-1:00pm 8 Lap Lanes		11:00am-3:45pm 8 Lap Lanes							
		12:00pm-1:15pm 6 Lap Lanes	4:00pm-6:30pm 8 Lap Lanes	4:00pm-5:30pm 2 Lap Lanes									
		1:15pm-5:30pm 2 Lap Lanes	6:30pm-7:45pm 6 Lap Lanes	5:30pm-6:15pm 6 Lap Lanes									
		5:30pm-7:15pm 6 Lap Lanes	6:15pm-7:45pm 8 Lap Lanes										
		7:15pm-7:45pm 8 Lap Lanes											
MONDAY 9/14		TUESDAY 9/15		WEDNESDAY 9/16		THURSDAY 9/17		FRIDAY 9/18		SATURDAY 9/19		SUNDAY 9/20	
Open Swim [Small Pool]	9:00am-10:00am	6:00am-10am	6:00am-10:00am	9:00am-10:00am	9:00am-10:00am	12:00pm-3:45pm	9:00am-1:45pm						
	11:00am-3:45pm	11:00am-4:00pm	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00am								
		6:45pm-7:45pm	6:30pm-7:45pm	5:15pm-6:30pm	4:00pm-7:45pm								
				7:00pm-7:45pm									
MONDAY 9/14		TUESDAY 9/15		WEDNESDAY 9/16		THURSDAY 9/17		FRIDAY 9/18		SATURDAY 9/19		SUNDAY 9/20	
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 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)	4:30pm-5:30pm Swim Club (Large Pool)	12:00pm-1:15pm Masters Swim (Large Pool)	4:00pm-5:15pm Swim Lessons (Small Pool)									
	3:45pm-7:30pm Swim Lessons (Small Pool)	5:00pm-6:00pm Aqua Aerobics (Large Pool)	4:30pm-6:30pm Swim Lessons (Small Pool)	4:30pm-5:30pm Swim Club (Large Pool)									
		4:00pm-6:45pm Swim Lessons (Small Pool)	6:30pm-7:30pm Swim Lessons (Large Pool)	5:00pm-6:00pm Aqua Aerobics (Large Pool)									
		5:30pm-7:15pm Swim Lessons (Large Pool)		5:30pm-6:15pm Swim Lessons (Large Pool)									
				6:30pm-7:00pm Swim Lessons (Small Pool)									