



GREATER PORTLAND BRANCH - POOL SCHEDULE

Weekly Schedule / September 14 - 20, 2026 / Contact: Caitlin Avelis - cavelis@ymcaofsouthernmaine.org

BRANCH HOURS

Monday - Friday: 6:00am - 8:00pm
Saturday: 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	
Open Lanes	6:00am - 12:00pm 6 Lanes	6:00am - 6:45am 6 Lanes	6:00am - 9:15am 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	9:15am - 10:00am 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	10:00am - 12:00pm 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	12:00pm - 1:00pm 4 Lanes	12:00pm - 1:00pm 4 Lanes									
	5:30 pm - 7:00pm 1 Lane	10:00am - 12:00pm 6 Lanes	1:00pm - 5:30pm 6 Lanes	1:00pm - 4:30pm 6 Lanes									
	7:00pm - 7:45pm 3 Lanes	12:00pm - 1:00pm 4 Lanes	5:30pm - 7:00pm 3 Lanes	4:30pm - 5:30pm 3 Lanes									
		1:00pm - 4:30pm 6 Lanes	7:00pm - 7:45pm 5 Lanes	5:30pm - 7:45pm 3 Lanes									
		4:30pm - 5:30pm 3 Lanes											
		5:30pm - 7:45pm 4 Lanes											
MONDAY 9/14		TUESDAY 9/15		WEDNESDAY 9/16		THURSDAY 9/17		FRIDAY 9/18		SATURDAY 9/19		SUNDAY 9/20	
Aquatics Programs	12:00pm - 1:00pm Masters Workout	6:45am - 7:30am Dual Depth Aerobics with Hattie	9:15am - 10:00am Aquafit Intervals with Mel	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	12:00pm - 1:00pm Masters Workout	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	5:30pm - 7:30pm Portland Porpoise Swim Club	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											