



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BANGOR REGION YMCA**  
**ALOUPIS POOL**

Effective Nov 19th, 2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Open: 8:00a Pool Close: 3:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 8:00a Pool Close: 3:30p
Lap Swim 8:00 - 3:30	Lap Swim 5:30a - 7:00a <small>Lap Swim 5:30a - 5:45a Water Wake Up 5:45a - 6:45a</small>	Lap Swim 5:30a - 6:00a <small>Lap swim 5:30-5:45 Water Wake Up 5:45a - 6:45a</small>	Lap Swim 5:30a - 7:00a <small>Lap Swim 5:30a - 5:45a Water Wake Up 5:45a - 6:45a</small>	Lap Swim 5:30a - 6:00a <small>Lap Swim 5:30a - 5:45a Water Wake Up 5:45a - 6:45a</small>	Lap Swim 5:30a - 7:00a <small>Lap Swim 5:30-5:45 Water Wake Up 5:45a - 6:45a</small>	Lap Swim 5:30a - 6:00a <small>Lap Swim 5:30a - 6:00a Water Wake Up 5:45a - 6:45a</small>
	Lap Swim 7:00a-8:30a	Lap Swim 7:00a-8:30a	Lap Swim 7:00a-8:30a	Lap Swim 7:00a-8:30a	Lap Swim 7:00a-8:30a	Lap Swim 7:00a-8:30a
Lap Swim 8:00 - 3:30	Aqua Addicts 8:30a - 9:30a	Lap Swim 7:00a - 2:00p	Aqua Addicts 8:30a - 9:30a	Lap Swim 7:00a - 2:00p	Aqua Addicts 8:30a - 9:30a	Barracuda Diving Team 8:00a-10:00a <small>Lap Swim 8:00a-10:00a</small>
	Lap Swim 9:30a - 3:00p		Lap Swim 9:30a - 3:00p		Lap Swim 9:30a - 3:00p	Lap Swim 9:30a - 3:00p
Lap Swim 8:00 - 3:30	Bapst Swim Team 3:00p - 4:30p	Closed for cleaning 2:00p-3:00p	Bapst Swim Team 3:00p - 4:30p	Closed for cleaning 2:00p - 3:00p	Bapst Swim Team 3:00p - 4:30p	Closed for Cleaning 3:00-4:30
		Barracuda Swim Team 4:30p - 7:00p		Barracuda Swim Team 4:30p - 7:00p		Barracuda Swim Team 4:30p - 7:00p
Lap Swim 8:00 - 3:30	Brewer Swim Team 7:00p - 8:45p	Brewer Swim Team 7:00p - 8:45p	Brewer Swim Team 7:00p - 8:45p	Brewer Swim Team 7:00p - 8:45p	Lap Swim Family Swim 7:00-8:30	Lap Swim 8:00 - 3:30

Please see website or mobile app for special events impacting the regular pool schedule.

Pool temperature is maintained at 79-81°F.

1 Length = 25 Yards / 66 Length = 1 Swimmer's Mile.

**SWIM LESSONS & SWIM TEAM:** during this time, all lanes are to be used for YMCA programs. No lanes are available during swim lessons.

**FAMILY SWIM:** designated swim time for families and recreational swimming. During Family Swim, every child under 9 must be accompanied in the water at all times by a person 16 years of age or older unless they pass the deep water swim test. If they pass the deep water swim test, the child can then go into the water on their own as long as a parent is in on the pool deck. Unless otherwise noted, there are NO lanes specifically reserved for lap swimmers. Flotation Devices: For the safety of the participants we only allow Coast Guard approved PFD's (lifejackets). Devices with foam inserts or inflatables are NOT permitted.

Unless otherwise indicated, the pool will close 30 minutes prior to the building closing.

For any questions, please contact the Aquatics Department at 941-2808 or at Kwakana@bangory.org

Bangor Region YMCA | 17 Second Street, Bangor, ME 04401 | www.bangorymca.org | 941-2808



FOR YOUTH DEVELOPMENT®  
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# BANGOR REGION YMCA MEANS POOL

Effective Jan. 2, 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pool Open: 8:00a Pool Close: 3:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 8:00a Pool Close: 3:30p
	Lap Swim 5:30a -7:30a	Lap Swim 5:30a -9:00a	Lap Swim 5:30a -7:30a	Lap Swim 5:30a -9:00a	Lap Swim 5:30a -7:30a	
	A.M. Aquacise 7:30a -8:30a		A.M. Aquacise 7:30a -8:30a		A.M. Aquacise 7:30a -8:30a	Lap Swim 8:00a - 9:00a
Lap 2 lanes / Family Swim 8:00a-10:00a	Adult Open/Lap Swim 8:30a -9:30p	Bangor School 9:00a-9:30a	Adult Open/Lap Swim 8:30a -9:30a	Bangor School 9:00a-9:30a	Adult Open/Lap Swim 8:30a -10:00a	Aqua S.M.I.L.E. 8:00a - 9:00a
	Swim Lessons 9:30a -10:00a	Swim Lessons 9:30a - 10:00a	Swim Lessons 9:30a -10:00a	Swim Lessons 9:30a - 10:00a		
Swim Lessons 10:00a-12:30p	Discovery Friends 10:00a -11:00a	Discovery Friends 10:00a - 10:30a	Stillwater Academy 10:00a - 11:00a	Discovery Friends 10:00a - 10:30a	Discovery Friends 10:00a - 11:00a	Swim Lessons 9:00a -1:30p
	CLOSED FOR CLEANING	CLOSED FOR CLEANING	CLOSED FOR CLEANING	Stillwater Academy 10:30-11:00	Splashtastic 11:00 -11:30	
	Splashtastic! 11:30a -12:30p	Joint Ventures 11:00a - 12:00p	Splashtastic! 11:30a -12:30p	Joint Ventures 11:00a - 12:00p	Aqua Zumba 11:30a - 12:30a	
	PVI 12:30p -1:00p	Power Waves 12:00p -1:00p		Power Waves 12:00p -1:00p	CLOSED FOR CLEANING	
Lap 2 lanes / Family Swim 12:30p-3:30p	Lap 2 lanes /Family Swim 1:00p -3:30p	Lap 2 lanes /Family Swim 1:00p - 3:30p	Lap /Family Swim 12:30p -2:00p	Lap 2 lanes /Family Swim 1:00p - 3:30p	Lap 2 lanes / Family Swim 1:30p - 4:00p	Lap 2 lanes /Family Swim 1:30p-3:30p
		MCIR 1:00-2:00	Caring Connections 2:00p - 3:00p			
		Lap Swim 2:00p-3:30p	CLOSED FOR CLEANING 3:00p-3:30p			
	Swim Lessons 3:30p -5:30p	Swim Lessons 3:30p - 5:30p	Swim Lessons 3:30p -5:30p	Swim Lessons 3:30p - 5:30p	Y Works 4:00p - 6:00p	
	Aqua Surge 5:30p - 6:30p	Aqua Surge 5:30p - 6:30p	Aqua Zumba 5:30p - 6:30p	Aqua Surge 5:30p - 6:30p		
Lap 2 lanes / Family Swim 6:30p -8:30p	Lap 2 lanes / Family Swim 6:30p -8:30p	Swim Lessons 6:30-7:30	Lap 2 lanes / Family Swim 6:30p -8:30p	Lap 2 lanes / Family Swim 6:30p -8:30p	Swim Lessons 6:30-7:30	Lap 1 lane / Family Swim 6:00p - 8:30p
		Family Swim 6:30p-8:30p			Family Swim 6:30p-8:30p	

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