



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BANGOR REGION YMCA
ALOUPIS POOL

Effective March 17, 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 - 7:00a | Lap Swim 5:30a - 5:45a | Lap Swim 5:30a - 5:45a | Lap Swim 5:30a - 5:45a | Lap Swim 5:30a - 5:45a | Lap Swim 5:30a - 5:45a | Lap Swim 5:30a - 6:00a |
| | Water Wake Up 5:45a-6:45a | Masters 5:30-6:45a | Water Wake Up 5:45a-6:45a | Masters 5:30-6:45a | Water Wake Up 5:45a-6:45a | Water Wake Up 5:45a-6:45a |
| Lap Swim 7:00a-8:45a | Lap Swim 7:00a-8:45a | Lap Swim 7:00a-8:45a | Lap Swim 7:00a-8:45a | Lap Swim 7:00a-8:45a | Lap Swim 7:00a-8:45a | Barracuda Diving Team 8:00a-10:30a |
| Lap Swim 8:00a - 3:30p | Aqua Addicts 8:45a - 9:45a | Lap Swim 7:00a - 2:00p | Aqua Addicts 8:45a - 9:45a | Lap Swim 7:00a - 2:00p | Aqua Addicts 8:45a - 9:45a | |
| Kayak Class 10:00a-12:00p | Lap Swim 9:45a - 4:30p | | Lap Swim 9:45a - 2:00p | | Lap Swim 9:45a - 2:00p | Lap Swim 9:45a - 4:30p |
| Lap Swim 8:00a - 3:30p | | Closed for cleaning 2:00p-3:30p | | Closed for cleaning 2:00p-3:30p | | |
| Lap Swim 7:00p - 8:30p | Lap Swim 3:30p - 4:30p | | Lap Swim 3:30p - 4:30p | | Lap Swim 3:30p - 4:30p | Barracuda Swim Team 4:30p - 7:00p |
| | Barracuda Swim Team 4:30p - 7:00p | Barracuda Swim Team 4:30p - 7:00p | Barracuda Swim Team 4:30p - 7:00p | Barracuda Swim Team 4:30p - 7:00p | | |
| Lap Swim 7:00p - 8:30p | Lap Swim 7:00p-8:30p | Open Kayaking 3 Lanes 7:00p - 8:15p | Lap Swim 7:00p - 8:30p | Lap Swim 7:00p-8:30p | Open Kayaking 3 Lanes 7:00p - 8:15p | Lap Swim Family Swim 7:00p - 8:30p |

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



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BANGOR REGION YMCA MEANS POOL

Effective March 16, 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 -9:30a | 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 2 lanes / Family Swim 8:00a-9:30a | Adult Open/Lap Swim 8:30a -9:30a | Bangor School 9:00a-9:30a | Adult Open/Lap Swim 8:30a -9:30a | | Adult Open/Lap Swim 8:30a -10:00a | Lap Swim 8:00a - 9:00a Aqua S.M.I.L.E. 8:00a - 9:00a |
| Swim Lessons 9:30a-12:30p | 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 9:30a - 10:00a | Swim Lessons 9:00a -1:30p |
| | 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 - 10:30a | |
| | CLOSED FOR CLEANING | CLOSED FOR CLEANING | CLOSED FOR CLEANING | Stillwater Academy 10:30a-11:00a | Herman School 10:30a-11:00a | |
| | Splashtastic! 11:30a -12:30p | Joint Ventures 11:00a - 12:00p | Splashtastic! 11:30a -12:30p | Joint Ventures 11:00a - 12:00p | Splashtastic 11:00a -11:30a | |
| Lap Swim 12:30p-1:30p | PVI 12:30p -1:00p | Power Waves 12:00p -1:00p | | Power Waves 12:00p -1:00p | CLOSED FOR CLEANING | |
| Family Swim 1:30p-3:30p | Lap 2 lanes /Family Swim 1:00p -3:30p | Lap 2 lanes /Family Swim 1:00p - 3:30p | M CIR 1:00p-2:00p | 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 Swim 2:00p-3:30p | Caring Connections 2:00p - 3:00p | | |
| | 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 Surge 5:30p - 6:30p | Aqua Surge 5:30p - 6:30p | | |
| | Family Swim 6:30p-8:30p | Family Swim 6:30p -8:30p | Swim Lessons 6:30p-7:30p Family Swim 6:30p-8:30p | Lap 2 lanes / Family Swim 6:30p -8:30p | Family Swim 6:30p -8:30p Swim Lessons 6:30p-7:30p Family Swim 6:30p-8:30p | |

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