



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BANGOR REGION YMCA MEANS POOL

Effective May 6, 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 -9:00a		Adult Open/Lap Swim 8:30a - 10:00a	Lap Swim 8:00a - 9:00a
	Swim Lessons 9:30a -10:00a	Swim Lessons 9:30a - 10:00a	Discovery Friends 9:30a -10:00a	Swim Lessons 9:30a - 10:00a		Aqua S.M.I.L.E. 8:00a - 9:00a
Swim Lessons 9:30a-12:00p	Discovery Friends 10:00a -11:00a	Discovery Friends 10:00a - 11:00a	Stillwater Academy 10:00a - 11:00a	Discovery Friends 10:00a - 10:30a	Discovery Friends 10:00a - 10:30a	Swim Lessons 9:00a - 1:00p
	Program Transition	Joint Ventures 11:00a - 12:00p	Program Transition	Stillwater Academy 10:30a-11:00a	Hermon School 10:30a-11:00a	
	Splashastic! 11:30a -12:30p	Power Waves 12:00p -1:00p	Splashastic! 11:30a -12:30p	Joint Ventures 11:00a - 12:00p	Splashastic 11:00a -11:30a	
Family Swim 12:00p-1:30p	Lap Swim 12:30-1:00p		Swim Lessons 1:00p-1:30p	Power Waves 12:00p -1:00p	Aqua Zumba 11:30a - 12:30p	
	Swim Lessons 1:00p-1:30p	MCIR 2 lanes 1:00p-2:00p	Lap 2 lanes /Family Swim 1:30p -2:00p		Program Transition	
Splash Party 1:30p-2:30p*	Lap 2 lanes /Family Swim 1:30p -3:30p	Lap Swim 2 lanes 1:00p-3:30p	Caring Connections 2:00p - 3:15p	Lap 2 lanes /Family Swim 1:00p - 3:30p	Lap 2 lanes / Family Swim 1:30p - 4:00p	Splash Party 1:30p-2:30p*
Family Swim 2:30p-3:30p						Family Swim 2:30p-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 Surge 5:30p - 6:30p	Aqua Surge 5:30p - 6:30p		
	Family Swim 6:30p -8:30p	Swim Lessons 2 lanes 6:30p-7:30p	Lap 2 lanes / Family Swim 6:30p -8:30p	Swim Lessons 2 lanes 6:30p-7:30p	Family Swim 6:00p - 8:30p	
		Family Swim 2 lanes 6:30p-8:30p		Family Swim 2 lanes 6:30p-8:30p		

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

* Splash Parties are not every week. Please call for more information.

Pool temperature is maintained at 84-87°F.

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

SWIM LESSONS: During this time, all lanes are to be used for YMCA programs. No lanes are available during swim lessons unless specified on schedule.

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 without 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