



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BANGOR REGION YMCA ALOUPIS POOL

Effective March 1st, 2021. **Reservations are Required.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 7:00a Pool Close: 2:30p
						Adult Lap Swim 7:00-9:00a  Lap Swim 9:00a-11:00a  Dive Team 9-11:00am  Lap Swim 11:00a-2:30p
	Adult Lap Swim 6:00a - 4:00p	Adult Lap Swim 6:00a - 4:00p	Adult Lap Swim 6:00a - 4:00p	Adult Lap Swim 6:00a - 4:00p	Adult Lap Swim 6:00a - 4:00p	
	Barracuda Swim Team 4:00p - 7:00p	Barracuda Swim Team 4:00p - 7:00p	Barracuda Swim Team 4:00p - 7:00p	Barracuda Swim Team 4:00p - 7:00p	Barracuda Swim Team 4:00p - 7:00p	

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

Pool temperature is maintained at 77-79°F.

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

SWIM TEAM: During this time no lanes are open for lap swim..

For any questions, please contact the Aquatics Department at 941-2808 ext 332 or at [srich@bangor.org](mailto:srich@bangor.org)



FOR YOUTH DEVELOPMENT®  
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# BANGOR REGION YMCA MEANS POOL

Effective March 3rd, 2021. **Reservations are required.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Closed	Pool Open: 6:00a Pool Close: 6:30p	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 6:00a Pool Close: 7:00p	Pool Open: 6:00a Pool Close: 6:45p	Pool Open: 6:00a Pool Close: 6:30p	Pool Open: 7:00a Pool Close: 2:30p
	Lap Swim 6:00a-8:30a	Lap Swim 6:00a -9:30a	Lap Swim 6:00a -8:30a	Lap Swim 6:00a -9:30a	Lap Swim 6:00a -9:30a	Lap Swim 7:00am-8:30am
	Water Fitness 8:30a-9:30a		Water Fitness 8:30a -9:30a			
	Swim Lessons 9:30a-10:00a	Preschool 10:00a-11:00a	Holden Schools 9:30a-12:00p	Preschool 10:00a-11:00a	Preschool 10:00a-11:00a	Swim Lessons 8:30a-12:00p
	Preschool 10:00a-11:00a					
	Swim Lessons 11:00a-12:00p	Joint Ventures 11:15a - 12:15p		Joint Ventures 11:15a - 12:15p		
	Lap Swim 12:00p-4:00p	Lap Swim 12:30p-4:00p	Lap Swim 12:00p-1:00p	Holden Life Skills 12:30-1:30p	Lap Swim 11:00a-2:30p	Lap Swim 12:30p-2:30p
			School-Age Academy 1:00p-4:00p	Stetson Ranch Swim Lessons 2:00p-3:00p		
	Swim Lessons 4:30p-5:30p	Swim Team 4:00-4:45p	Swim Lessons 4:30p-5:30p	Swim Team 4:00-4:45p	After School Program 3:00p-5:30p	
		Swim Lessons 4:45-6:00p		Swim Lessons 4:45-6:00p		Lap Swim 5:30p-6:30p
	Water Fitness 5:30p - 6:30p	Water Fitness 6:00p - 6:45p	Water Fitness 5:30p - 6:30p	Water Fitness 6:00p - 6:45p		
		Lap Swim 2 lanes 6:00-7:00p	Lap Swim 2 lanes 5:30-7:00p			

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

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

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