### Lap Swim
- **Monday**: 5:30a-8:00a
- **Tuesday**: 5:30a-8:00a
- **Wednesday**: 5:30a-8:00a
- **Thursday**: 5:30a-8:00a
- **Friday**: 5:30a-8:00a
- **Saturday**: 5:30a-8:00a

### Joint Ventures
- **Monday**: 8:00a-8:45a
- **Tuesday**: 8:00a-8:45a
- **Wednesday**: 8:00a-8:45a
- **Thursday**: 8:00a-8:45a
- **Friday**: 8:00a-8:45a
- **Saturday**: 8:00a-8:45a

### Water Fitness
- **Monday**: 8:00a-9:00a
- **Tuesday**: 8:00a-9:00a
- **Wednesday**: 8:00a-9:00a
- **Thursday**: 8:00a-9:00a
- **Friday**: 8:00a-9:00a
- **Saturday**: 8:00a-9:00a

### Preschool
- **Monday**: 10:00a-11:00a
- **Tuesday**: 10:00a-11:00a
- **Wednesday**: 10:00a-11:00a
- **Thursday**: 10:00a-11:00a
- **Friday**: 10:00a-11:00a
- **Saturday**: 10:00a-11:00a

### MCIR
- **Monday**: 12:30p-1:30p
- **Tuesday**: 12:30p-1:30p
- **Wednesday**: 12:30p-1:30p
- **Thursday**: 12:30p-1:30p
- **Friday**: 12:30p-1:30p
- **Saturday**: 12:30p-1:30p

### MCIR 2 LANES
- **Monday**: 12:30p-1:30p
- **Tuesday**: 12:30p-1:30p
- **Wednesday**: 12:30p-1:30p
- **Thursday**: 12:30p-1:30p
- **Friday**: 12:30p-1:30p
- **Saturday**: 12:30p-1:30p

### Caring Connections
- **Monday**: 2:00p-3:00p
- **Tuesday**: 2:00p-3:00p
- **Wednesday**: 2:00p-3:00p
- **Thursday**: 2:00p-3:00p
- **Friday**: 2:00p-3:00p
- **Saturday**: 2:00p-3:00p

### Stetson Ranch
- **Monday**: 2:30p-3:30p
- **Tuesday**: 2:30p-3:30p
- **Wednesday**: 2:30p-3:30p
- **Thursday**: 2:30p-3:30p
- **Friday**: 2:30p-3:30p
- **Saturday**: 2:30p-3:30p

### Swimming Lessons
- **Monday**: 11:00a-12:00p
- **Tuesday**: 11:00a-12:00p
- **Wednesday**: 11:00a-12:00p
- **Thursday**: 11:00a-12:00p
- **Friday**: 11:00a-12:00p
- **Saturday**: 11:00a-12:00p

### Pool Schedule
- **Closed** on Sunday, Monday, Friday, and Saturday.
- **Open** on Tuesday, Wednesday, and Thursday.

### Additional Information
- **Closed** on Sunday.
- **Pool Open**: 5:30a - 7:00p
- **Pool Close**: 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

Revised 081321
**BANGOR REGION YMCA**
**MEANS POOL**
Effective August 23rd - 28th, 2021

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<tr>
<th>SUNDAY</th>
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