



BANGOR REGION YMCA
ALOUPIS POOL
 Effective 8/30/21-11/21/2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 7:00a Pool Close: 1:30p
						Lap Swim 7:00a-9:00a
						Lap Swim 9:00a-11:00a (3 lanes)
						BYB Dive Team 9:00a-11:00a (3 lanes)
	Lap Swim 5:30a - 4:00p	Lap Swim 5:30a - 4:00p	Lap Swim 5:30a - 4:00p	Lap Swim 5:30a - 4:00p	Lap Swim 5:30a - 4:00p	Lap Swim 11:00a- 1:30p
	Barracuda Swim Team Practice 4:30p-7:00p	Barracuda Swim Team Practice 4:30p-7:00p	Barracuda Swim Team Practice 4:30p-7:00p	Barracuda Swim Team Practice 4:30p-7:00p	Barracuda Swim Team Practice 4:30p-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



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BANGOR REGION YMCA MEANS POOL

Effective 8/30/21-11/21/21

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 7:00a Pool Close: 1:30p	
	Lap Swim 5:30a-8:00a	Lap Swim 5:30a-8:00a	Lap Swim 5:30a-8:00a	Lap Swim 5:30a-8:00a	Lap Swim 5:30a-8:00a	Lap Swim 7:00a-8:00a	
	Hydrofit 8:00a-9:00a	Joint Ventures 8:00a-8:45a	Hydrofit 8:00a-9:00a	Joint Ventures 8:00a-8:45a	Hydrofit 8:00a-9:00a	Swim Lessons 8:00a-12:00p	
	Swim Lessons 9:00a-10:00a	Swim Lessons 9:00a-10:00a	Swim Lessons 9:00a-10:00a	Swim Lessons 9:00a-10:00a	Stillwater Academy 9:00a-10:00a		
	Preschool 10:00a-11:00a	Preschool 10:00a-11:00a	Stillwater Academy 10:00a-11:00a	Preschool 10:00a-11:00a	Preschool 10:00a-11:00a		
	Joint Ventures 11:15a - 12:00p	Liquid Toning 11:15a - 12:00p	Joint Ventures 11:15a - 12:00p	Liquid Toning 11:15a - 12:00p	Joint Ventures 11:15a - 12:00p		
	Lap Swim 12:00p-3:00p (2 lanes)	Hydrofit 12:00p-12:45p (2 lanes)	Lap Swim 12:30p-1:30p (2 lanes)	MCIR 12:30p-1:30p (2 lanes)	Lap Swim 12:00p-2:00p	Hydrofit 12:00p-12:45p (2 lanes)	Family Swim 12:30p-1:30p
	Lap Swim 12:45p - 3:00p	Lap Swim 1:30p-3:00p	Lap Swim 12:00p-2:00p	Hydrofit 12:00p-12:45p (2 lanes)	RSU 63 12:00p-2:30p	Lap Swim 12:30p-3:30p (2 lanes)	
			Caring Connections 2:00p-3:00p	Stetson Ranch 2:30p-3:30p		Lap Swim 12:30p - 3:30p	
	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-5:30p	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-5:30p	Swim Lessons 3:30p-5:30p		
		High/Low H2O 5:30p - 6:30p		High/Low H2O 5:30p - 6:30p	School Age Afterschool Program 4:00p-5:30p		
	Hydrofit 6:00p - 7:00p		Hydrofit 6:00p - 7:00p	High/Low H2O 5:30p - 6:30p		Family Swim 5:30p-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 100821