



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: 9:00a
	Lap Swim 5:30a - 1:00p	Lap Swim 5:30a - 1:00p	Lap Swim 5:30a - 1:00p	Lap Swim 5:30a - 1:00p	Lap Swim 5:30a - 4:00p	Lap Swim 7:00a-9:00a
	Lap Swim (4 lanes) 1:00p - 4:00p	Lap Swim (4 lanes) 1:00p - 4:00p	Lap Swim (4 lanes) 1:00p - 4:00p	Lap Swim (4 lanes) 1:00p - 4:00p		
	21st Century Free Swim	21st Century Free Swim	21st Century Free Swim	21st Century Free Swim		
	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@bangory.org



BANGOR REGION YMCA MEANS POOL

Effective 7/5/22-8/13/22

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 8:00p	Pool Open: 5:30a Pool Close: 7:00p	Pool Open: 5:30a Pool Close: 8:00p	Pool Open: 5:30a Pool Close: 8:00p	Pool Open: 8:00a Pool Close: 12:00p
	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	
	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		
	Preschool 10:00a-11:00a	Preschool 10:00a-11:00a		Preschool 10:00a-11:00a	Preschool 10:00a-11:00a	
	Joint Ventures 11:00a - 11:45a	Liquid Toning 11:00a - 11:45a	Joint Ventures 11:00a - 11:45a	Liquid Toning 11:00a - 11:45a	Joint Ventures 11:00a - 11:45a	
	Boys and Girl Club 11:45a - 1:00p	Boys and Girl Club 11:45a - 1:00p	MCIR 12:00p-1:00p (2 Lanes)	Hydrofit 11:45a - 12:30p	Boys and Girl Club 11:45a - 1:00p	Boys and Girl Club 11:45a - 1:00p
	21st Century Swim Lessons 1:00p - 3:00p	21st Century Swim Lessons 1:00p - 3:00p	21st Century Swim Lessons 1:00p - 3:00p	21st Century Swim Lessons 1:00p - 3:00p	Lap Swim 1:30p - 3:00p	
	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-6:00p		Family Swim 4:00p-8:00p
	Hydrofit 6:00p - 7:00p	High/Low H2O 6:00p - 7:00p	Hydrofit 6:00p - 7:00p	High/Low H2O 6:00p - 7:00p		
		Family Swim 7:00p-8:00p		Family Swim 7:00p-8:00p		

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 6/29/2022