



# BANGOR REGION YMCA MEANS POOL

Effective 8/8/22-8/13/22

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: 7:00a 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	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		
	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 12:30p-1:30p (2 Lanes)	Hydrofit 11:45a-12:30p	Boys and Girl Club 11:45a-1:00p	Boys and Girl Club 11:45a-1:00p
	Lap Swim 1:30p-3:00p	Lap Swim 1:30p-3:00p	Lap Swim 1:30p-3:00p	Lap Swim 1:30p-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](mailto:srich@bangory.org)

Revised 8/2/2022