



BANGOR REGION YMCA
ALOUPIS POOL
 Effective 11/21/22 - 2/24/23

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: 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 - 7:00a BYB 2 lanes 5:45a - 7:00a		Lap Swim 5:30a - 7:00a BYB 2 lanes 5:45a - 7:00a		Lap Swim 5:30a - 7:00a BYB 2 lanes 5:45a - 7:00a	
	Lap Swim 7:00a - 2:30p	Lap Swim 5:30a - 2:30p	Lap Swim 7:00a - 2:30p	Lap Swim 5:30a - 2:30p	Lap Swim 7:00a - 2:30p	Lap Swim 7:00a - 9:00a
						Lap Swim 9:00a - 11:00a Dive Team 9:00a - 11:00a
						Lap Swim 11:00a - 12:00p
	Brewer HS 2:45p - 4:15p	Brewer HS 2:45p - 4:15p	Brewer HS 2:45p - 4:15p	Brewer HS 2:45p - 4:15p		
	Barracuda Swim Team Practice 4:15p - 7:00p	Barracuda Swim Team Practice 4:15p - 7:00p	Barracuda Swim Team Practice 4:15p - 7:00p	Barracuda Swim Team Practice 4:15p - 7:00p	Barracuda Swim Team Practice 4:15p - 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



BANGOR REGION YMCA MEANS POOL

Effective 12/9/22 - 6/15/23

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: 2:30p
	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 7:00AM - 8:00AM
	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-12:30p
	Swim Lessons 9:00a-10:00a	Swim Lessons 9:00a-10:00a	Swim Lessons 9:00a-10:00a	Swim Lessons 9:00a-10:00a		
	ECE 10:00a-11:00a	ECE 10:00a-11:00a		ECE 10:00a-11:00a	ECE 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	
	Hydrofit 12:00p - 12:45p	Lap swim 12:30p - 1:30p (2 Lanes)	MCIR 12:30p- 1:30p (2 Lanes)	Hydrofit 12:00p - 12:45p	Holden Schools 12:00p - 2:00p	Hydrofit 12:00p - 12:45p
	Lap Swim :00p - 3:00p	Lap Swim 1:30p - 3:00p	Lap Swim 1:00p - 3:00p	Lap Swim 2:00p - 3:00p	Lap Swim 1:00p - 3:00p	Family Swim 12:30p - 2:30p
	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-5:30p	Swim Lessons 3:30p-6:00p	Swim Lessons 3:30p-5:30p	Afterschool Programming 3:30 PM - 5:30 PM	
	Hydrofit 6:00p - 7:00p	High/Low H2O 5:30p - 6:30p	Hydrofit 6:00p - 7:00p	High/Low H2O 5:30p - 6:30p	Family Swim 5:30p-8:00p	
		Family Swim 6:30p-8:00p		Family Swim 6:30p-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 12/9/2022