



**BANGOR REGION YMCA**  
**ALOUPIS POOL**  
 Effective 2/27/23 - 4/29/23

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 Masters 2 lanes 5:45a - 7:00a		Lap Swim 5:30a - 7:00a Masters 2 lanes 5:45a - 7:00a		Lap Swim 5:30a - 7:00a Masters 2 lanes 5:45a - 7:00a	
	Lap Swim 7:00a - 4:00p	Lap Swim 5:30a - 4:00p	Lap Swim 7:00a - 4:00p	Lap Swim 5:30a - 4:00p	Lap Swim 7:00a - 4:00p	Lap Swim 7:00a - 9:00a
						Lap Swim 9:00a - 11:00a Dive Team 9:00a - 11:00a
						Lap Swim 11:00a - 12:00p
	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	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.ymca.org



# BANGOR REGION YMCA MEANS POOL

Effective 3/2/23 - 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	Hydrofit 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-12:30p	
	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	Family Swim 12:30p - 2:30p	
	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 1:00p - 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		
	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	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](mailto:srich@bangory.org)

Revised 03/02/23