


Waldo County YMCA

Therapy Pool Schedule - June 14-20, 2026

MONTH OF JUNE
Check back for
WEEKLY UPDATES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time	
5:30 - 6:00	Therapy Pool Closed					Therapy Pool Guidelines for OPEN SWIM • Pass available 15 minutes prior to swim @ Front Desk. • First come, first served.	5:30 - 6:00	
6:00 - 7:00	Therapy Pool Closed						6:00 - 7:00	
7:00 - 8:00	Open Swim	Open Swim	Open Swim	Open Swim		Therapy Pool Guidelines for OPEN SWIM • Pass available 15 minutes prior to swim @ Front Desk. • First come, first served.	7:00 - 8:00	
8:00 - 9:00	Aqua Zumba		Aqua Zumba				8:00 - 9:00	
9:00 - 10:00	Open Swim	SWIM LESSONS begins June 16	Open Swim	SWIM LESSONS begins June 18		CLOSED JUNETEENTH	Open Swim	9:00 - 10:00
10:00 - 11:00								10:00 - 11:00
11:00 - 12:00	Adult Only	WCGH Physical Therapy Rental ends 6/30	Adult Only	Adult Only		CLOSED JUNETEENTH	SWIM LESSONS begins June 20	11:00 - 12:00
12:00 - 1:00	Open Swim		Open Swim	Rental				12:00 - 1:00
1:00 - 2:00				SWIM LESSONS begins June 22				SWIM LESSONS begins June 17
2:00 - 3:00	2:00 - 3:00							
3:00 - 4:00	Open Swim	Open Swim	Open Swim	Open Swim		Therapy Pool Guidelines for OPEN SWIM • Pass available 15 minutes prior to swim @ Front Desk. • First come, first served.	Open Swim	3:00 - 4:00
4:00 - 5:00								4:00 - 5:00
5:00 - 6:00	Open Swim	Open Swim	Open Swim	Open Swim	Therapy Pool Guidelines for OPEN SWIM • Pass available 15 minutes prior to swim @ Front Desk. • First come, first served.	Open Swim	5:00 - 6:00	
6:00 - 7:00							6:00 - 7:00	
6:00 - 7:00	Therapy Pool Closed							



- All Children ages 6 through 14 must pass the Deep Water Test to enter the deep end of the pool, regardless of adult presence.
- Flippers and Kickboards are not permitted in the Therapy Pool.
- Diving is not permitted in the Therapy Pool.
- Use of YMCA toys is at the discretion of the Lifeguard on duty.
- Flips, spins, or backwards jumping is not permitted.
- **All Pool schedules are subject to change without notice.**

Not a member, but still want to use the pools?
Join us with a Day Pass! See Front Desk for purchase.

Therapy Pool

WALDO COUNTY YMCA
157 Lincolnville Avenue, Belfast, Maine 04915
207-338-24598 • www.waldocountyyymca.org
A 501 (c)(3) Charitable Organization.