

# Waldo County YMCA

## Therapy Pool Schedule - June 7-13, 2026

MONTH OF JUNE  
Check back for  
WEEKLY UPDATES

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Time	
5:30 - 6:00	Therapy Pool Closed					<b>Therapy Pool Guidelines for OPEN SWIM</b> • 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	Open Swim	<b>Therapy Pool Guidelines for OPEN SWIM</b> • 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		Aqua Zumba		8:00 - 9:00	
9:00 - 10:00	Preschool 9:30 - 10:30 ends 6/8	Adult Only	Preschool 9:30 - 10:30 ends 6/10	Adult Only	Adult Only	Open Swim	9:00 - 10:00	
10:00 - 11:00		Open Swim		Open Swim	Open Swim	SWIM LESSONS begins June 20	10:00 - 11:00	
11:00 - 12:00	Adult Only	WCGH Physical Therapy Rental ends 6/30	Adult Only	Adult Only 11:00 - 12:00	Adult Only 11:00 - 12:30		Open Swim	11:00 - 12:00
12:00 - 1:00				Lifeskills 12:00 - 1:00 ends 6/11		12:00 - 1:00		
1:00 - 2:00	Open Swim			Open Swim	Rental			1:00 - 2:00
2:00 - 3:00	SWIM LESSONS begins June 22			SWIM LESSONS begins June 17	SWIM LESSONS begins June 18	SWIM LESSONS begins June 18		2:00 - 3:00
3:00 - 4:00							3:00 - 4:00	
4:00 - 5:00			Bus Stop Care 4:00 - 4:45 ends 6/10			<b>Therapy Pool Guidelines for OPEN SWIM</b> • Pass available 15 minutes prior to swim @ Front Desk. • First come, first served.	4:00 - 5:00	
5:00 - 6:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		5:00 - 6:00	
6:00 - 7:00	Therapy Pool Closed						6:00 - 7:00	



- 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.waldocountnymca.org  
A 501 (c)(3) Charitable Organization.