

Waldo County YMCA

LAP POOL Schedule - February 2026 - POOLS NOT OPEN ON SUNDAYS

Time	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Time
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	
5:30 - 6:00	Bluefish Practice 5:30 - 7:00		Open For Lap Swim				Open For Lap Swim				Bluefish Practice 5:30 - 7:00		Open For Lap Swim				Open For Lap Swim				Bluefish Practice 5:30 - 7:00		Open For Lap Swim				Lap Pool Closed						5:30 - 6:00				
6:00 - 7:00																																	6:00 - 7:00				
7:00 - 8:00	7:00 - 8:00																																				
8:00 - 9:00	8:00 - 9:00																																				
9:00 - 10:00	9:00 - 10:00																																				
10:00 - 11:00	Masters 8:30 - 9:45 am										Open For Lap Swim										Swim Lessons						10:00 - 11:00										
11:00 - 12:00																											11:00 - 12:00										
12:00 - 1:00																											12:00 - 1:00										
1:00 - 2:00	1:00 - 2:00																																				
2:00 - 3:00	Power Aqua										Power Aqua										Power Aqua						Lap Pool Closed						2:00 - 3:00				
3:00 - 4:00					3:00 - 4:00																																
4:00 - 5:00	Bluefish Practices: Blue 3:00 - 4:30 Green 4:30 - 5:15 Red 5:15 - 6:15				Bluefish Practices: Blue 3:00 - 4:30 Green 4:30 - 5:15 Red 5:15 - 6:15				Bluefish Practices: Blue 3:00 - 4:30 Green 4:30 - 5:15 Red 5:15 - 6:15				Bluefish Practices Blue 3:00 - 4:30 Green 4:30 - 5:15 Red 4:30 - 5:30		Lap Pool Closed						4:00 - 5:00																
5:00 - 6:00																					5:00 - 6:00																
6:00 - 7:00	Open For Lap Swim beginning at 6:15				Open For Lap Swim beginning at 6:15				Masters 6:15 - 7:30 pm				Open For Lap Swim beginning at 6:15								Lap Pool Closed												6:00 - 7:00				
7:00 - 7:30																											7:00 - 7:30										



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



- 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.

LAP POOL

WALDO COUNTY YMCA

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