

Waldo County YMCA

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

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							6:00 – 7:00	
7:00 – 8:00	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim		7:00 – 8:00	
8:00 – 9:00	Aqua Zumba		Aqua Zumba		Aqua Zumba		8:00 – 9:00	
9:00 – 10:00						Open Swim	9:00 – 10:00	
	Preschool 9:30 – 10:30	Preschool 9:30 – 10:30	Preschool 9:30 – 10:30	Preschool 9:30 – 10:30	Lifeskills 9:30 – 10:30	Time Held for upcoming swim lessons. Keep an eye on our website for more information.	10:00 – 11:00	
10:00 – 11:00	Adult Only 10:30 – 12:00		Adult Only 10:30 – 11:30	Adult Only 10:30 – 12:00	Adult Only 10:30 – 12:00		11:00 – 12:00	
11:00 – 12:00			Lifeskills 11:30 – 12:30					12:00 – 1:00
12:00 – 1:00		WCGH Physical Therapy Rental		Lifeskills 12:00 – 1:00				
1:00 – 2:00	Open Swim		Open Swim	Rentals and Private Lessons	Lifeskills 12:30 – 1:30	Open Swim	1:00 – 2:00	
2:00 – 3:00	Rentals and Private Lessons		Rentals and Private Lessons		Rentals and Private Lessons		2:00 – 3:00	
3:00 – 4:00							Open Swim	3:00 – 4:00
4:00 – 5:00							Bus Stop Care 4:00 – 4:45	
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.	5:00 – 6:00	
6:00 – 7:00	Therapy Pool Closed						6:00 – 7:00	



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.

THERAPY POOL

WALDO COUNTY YMCA

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