

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							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							9:00 - 10:00
10:00 - 11:00	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		10:00 - 11:00
11:00 - 12:00	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
12:00 - 1:00			Lifeskills 11:30 - 12:30	Lifeskills 12:00 - 1:00	Lifeskills 12:30 - 1:30		12:00 - 1:00
1:00 - 2:00	Open Swim	WCGH Physical Therapy Rental	Open Swim				1:00 - 2:00
2:00 - 3:00	Rentals and Private Lessons		Rentals and Private Lessons	Rentals and Private Lessons	Rentals and Private Lessons		2:00 - 3:00
3:00 - 4:00							3:00 - 4:00
4:00 - 5:00			Bus Stop Care 4:00 - 4:45				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							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.waldocountyymca.org
A 501 (c)(3) Charitable Organization.