



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WALDO COUNTY YMCA POOL SCHEDULES

Monday, March 20 – Saturday, June 3

THERAPY POOL HOURS

Monday

- 7:00 a.m. – 8:00 a.m.
- 11:30 a.m. – 1:00 p.m. *(Adults Only)*
- 4:30 p.m. – 6:00 p.m.

Tuesday

- 7:00 a.m. – 9:00 a.m.
- 4:30 p.m. – 6:00 p.m.

Wednesday

- 7:00 a.m. – 8:00 a.m.
- 11:30 a.m. – 1:00 p.m.
- 4:30 p.m. – 6:00 p.m. *(Adults Only)*

Thursday

- 7:00 a.m. – 9:00 a.m.
- 11:30 a.m. – 1:00 p.m. *(Adults Only)*
- 5:00 p.m. – 6:00 p.m.

Friday

- 7:00 a.m. – 8:00 a.m.
- 10:30 a.m. – 12:00 p.m. *(Adults Only)*
- 4:30 p.m. – 6:00 p.m.

Saturday

- *(Swim Lessons 9:00 a.m. - 1:00 p.m.)*
No Open Swim Times

Therapy Pool Guidelines:

- Please see the Front Desk for a pass to use the Therapy Pool.
- Passes are first come first serve.
- You may get a pass up to 15 minutes prior to swim time.
- Limit 25 people.

LAP POOL HOURS

Monday

- 5:30 a.m. – 2:00 p.m.
- *(Pools Closed 2:00 p.m.-3:00 p.m.)*
- 3:00 p.m. – 7:00 p.m.

Tuesday

- 5:30 a.m. – 3:00 p.m.
- *2:00 p.m. – 3:00 p.m. (Power Aqua)*
- 3:00 p.m. – 7:00 p.m.

Wednesday

- 5:30 a.m. – 2:00 p.m.
- *(Pools Closed 2:00 p.m. – 3:00 p.m.)*
- *3:00 p.m. – 5:30*
- *(Masters 5:30 p.m.-6:45 p.m.)*

Thursday

- 5:30 a.m. – 3:00 p.m.
- *2:00 p.m. – 3:00 p.m. (Power Aqua)*
- 3:00 p.m. – 7:00 p.m.

Friday

- 5:30 a.m. – 2:00 p.m.
- *(Pools Closed 2:00 p.m. – 3:00 p.m.)*
- 3:00 p.m. – 6:00 p.m.

Saturday

- *(Masters 8:30 a.m. – 9:45 a.m.)*
- 10:00 a.m. – 1:00 p.m.
- *(Swim Lessons 10:00 a.m. - 1:00 p.m.)*
Swim Lessons in Two Lanes Only

Maine Game Wardens
to use Three Lanes of Lap Pool
March 22 and 23

All Pool Schedules are subject to change

Not a Member, but still want to use the pools? Join us with a Day Pass!
Youth and College - \$5 | Adult and Senior - \$10 | Family - \$20