

Waldo County YMCA

THERAPY POOL Schedule – Beginning Monday, October 13, 2025

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									
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	Lifeskills 12:30 – 1:30		1:00 – 2:00		
1:00 – 2:00	Open Swim		Open Swim	Rentals and Private Lessons	Rentals and Private Lessons		Open Swim	2:00 – 3:00	
2:00 – 3:00	Rentals and Private Lessons		Rentals and Private Lessons					3:00 – 4:00	
3:00 – 4:00								Open Swim	4:00 – 5:00
4:00 – 5:00							Bus Stop Care 4:00 – 4:45		
5:00 – 6:00	Open Swim	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		



- 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.

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.

Waldo County YMCA

LAP POOL Schedule - Beginning Monday, October 13, 2025

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	Open For Lap Swim						Open For Lap Swim						Open For Lap Swim						Open For Lap Swim						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																															Open For Lap Swim						Open For Lap Swim						Open For Lap Swim						Open For Lap Swim						Masters 8:30 – 9:45 am						10:00 – 11:00
11:00 – 12:00																																																							Swim Lessons						11:00 – 12:00
12:00 – 1:00																																																													12:00 – 1:00
1:00 – 2:00																																																							Open For Lap Swim						Open For Lap Swim
2:00 – 3:00																															Power Aqua						Power Aqua						2:00 – 3:00																		
3:00 – 4:00	Beginning 11.03.2025 Bluefish Practices: Blue 3:00 – 4:30 Green (1) 4:30 – 5:15 Red 5:15 – 6:15						Beginning 10.28.2025 Bluefish Practices: Blue 3:00 – 4:30 Green (2) 4:30 – 5:15 Red 5:15 – 6:15						Beginning 10.29.2025 Bluefish Practices: Blue 3:00 – 4:30 Green (1) 4:30 – 5:15 Red 5:15 – 6:15						Beginning 10.30.2025 Bluefish Practices: Blue 3:00 – 4:30 Green (2) 4:30 – 5:15 Red 5:15 – 6:15						3:00 – 4:00																																				
4:00 – 5:00	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						4:00 – 5:00																														
5:00 – 6:00 *** See note below																															5:00 – 6:00																														
6:00 – 7:00																															6:00 – 7:00																														
7:00 – 7:30	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						7:00 – 7:30																														

*** NOTE
BLUEFISH ORIENTATION
October 20, 21, 22, 23 from 5-6 pm



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- Flips, spins, or backwards jumping is not permitted.

• All Pool schedules are subject to change. •

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