



BANGOR REGION YMCA

ALOUPIS POOL

Effective 3/18/24 - 4/7/24

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
Pool Open: 7:00a Pool Close: 3:30p	Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 7:00a Pool Close: 3:30p
	Lap Swim 5:30a - 7:00a	Masters 2 lanes 5:45a - 7:00a	Lap Swim 5:30a - 7:00a	Tri Group 2 lanes 6:00a - 7:00a	Lap Swim 5:30a - 7:00a	Masters 2 lanes 5:45a - 7:00a			
	Lap Swim 7:00a - 12:00p		Lap Swim 7:00a - 8:30p		Lap Swim 7:00a - 12:00p				
Lap Swim 7:00a - 3:30p	Lap Swim 12:00p - 1:00p	Masters 2 lanes 12:00p - 1:00p	Lap Swim 7:00a - 8:30p		Lap Swim 12:00p - 1:00p	Masters 2 lanes 12:00p - 1:00p	Lap Swim 5:30a - 8:30p	Lap Swim 5:30a - 8:30p	Lap Swim 7:00a - 3:30p
	Lap Swim 1:00p - 8:30p				Lap Swim 1:00p - 8:30p				

Please see website or mobile app for special events impacting the regular pool schedule.

Pool temperature is maintained at 79-81°F.

1 Length = 25 Yards / 66 Length = 1 Swimmer's Mile.

Swim TEAM: There is no lap swim during Swim Team Practice.

For any questions, please contact the Aquatics Department at 941-2808 ext 332 or at srich@bangor.org



BANGOR REGION YMCA MEANS POOL

Effective 2/26/24 – 6/16/24

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	SATURDAY
Pool Open: 7:00a Pool Close: 3:30p	Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p		Pool Open: 5:30a Pool Close: 8:30p	Pool Open: 7:00a Pool Close: 3:30p
	Lap Swim 5:30a-7:00a		Lap Swim 5:30a-8:00a		Lap Swim 5:30a-7:00a		Lap Swim 5:30a-8:00a		Lap Swim 5:30a-8:00a	
	Lap Swim 7:00a-8:00a	Water Yoga 7:00a - 7:45a (2 lanes)			Lap Swim 7:00a - 7:45a (2 lanes)	Water Yoga 7:00a - 7:45a (2 lanes)				
Swim Lessons 8:00a-12:15p	Hydrofit 8:00a-9:00a		Aqua Blast 8:00a - 8:45a (2 lanes)	Lap Swim 8:00a - 8:45a (2 lanes)	Hydrofit 8:00a-9:00a		Aqua Blast 8:00a - 8:45a (2 lanes)	Lap Swim 8:00a - 8:45a (2 lanes)	Hydrofit 8:00a-9:00a	Swim Lessons 8:00a-12:15p
	ECE 10:00a-11:00a		ECE 10:00a-11:00a				ECE 10:00a-11:00a		ECE 10:00a-11:00a	
	Joint Ventures 11:15a - 12:00p		Liquid Toning 11:15a - 12:00p		Joint Ventures 11:15a - 12:00p		Liquid Toning 11:15a - 12:00p		Joint Ventures 11:15a - 12:00p	
Family Swim 12:30p-3:30p	Hydrofit 12:00p - 12:45p		MCIR 12:00p-1:00p (2 lanes)	Lap Swim 12:00p - 1:00p (2 lanes)	Hydrofit 12:00p - 12:45p		Holden/Eddington/ Holbrook Lifeskills 12:00p - 2:00p		Hydrofit 12:00p - 12:45p	Family Swim 12:30p - 3:30p
	Open Swim (2 lanes) 12:45p - 3:00p	Lap Swim (2 lanes) 12:45p - 3:00p	Open Swim (2 lanes) 1:00p - 3:00p	Lap Swim (2 lanes) 1:00p - 3:00p	Open Swim (2 lanes) 12:45p - 3:00p	Lap Swim (2 lanes) 12:45p - 3:00p			Dedham Schools 1:00p - 2:00p	
							Lap Swim 2:00p - 3:00p			
	Swim Lessons 3:30p - 6:00p		Swim Lessons 3:30p - 5:30p		Swim Lessons 3:30p - 6:00p		Swim Lessons 3:30p - 5:30p		After School Program 3:30p-6:00p	
	Hydrofit 6:00p - 7:00p		High/Low H2O 5:30p - 6:30p		Hydrofit 6:00p - 7:00p		High/Low H2O 5:30p - 6:30p		Family Swim 6:00p-8:30p	
	Family Swim 7:00p-8:30p		Family Swim 6:30p-8:30p		Family Swim 7:00p-8:30p		Family Swim 6:30p-8:30p			

Please see our website or mobile app for special events impacting the regular pool schedule.

Pool temperature is maintained at 84-87°F.

1 Length = 25 Yards / 66 Length = 1 Swimmer's Mile.

Swim LESSONS: During this time, all lanes are to be used for YMCA programs. No lanes are available during Swim lessons.
For any questions please contact the Aquatics Department at 941-2808 or at srich@bangory.org Revised 2/23/24