



Lifting People.
Strengthening Community.

BANGOR REGION YMCA

ALOUPIS POOL

Effective 9/21/26 - 10/11/26

SUNDAY		MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY		SATURDAY
Pool Open: 7:00a Pool Close: 2:00p		Pool Open: 5:30a Pool Close: 8:00p		Pool Open: 5:30a Pool Close: 8:00p	Pool Open: 5:30a Pool Close: 8:00p		Pool Open: 5:30a Pool Close: 8:00p	Pool Open: 5:30a Pool Close: 8:00p		Pool Open: 7:00a Pool Close: 2:00p
Lap Swim 7:00a - 8:00a	Masters 2 lanes 7:00a - 8:00a	Lap Swim 5:30a - 7:00a	Masters 2 lanes 5:45a - 7:00a	Lap Swim 5:30a - 2:30p	Lap Swim 5:30a - 7:00a	Masters 2 lanes 5:45a - 7:00a	Lap Swim 5:30a - 2:30p	Lap Swim 5:30a - 7:00a	Masters 2 lanes 5:45a - 7:00a	Lap Swim 8:00a - 2:00p
Lap Swim 8:00a - 2:00p		Lap Swim 7:00a - 2:30p			Lap Swim 7:00a - 2:30p			Lap Swim 7:00a - 2:30p		
Lap Swim 8:00a - 2:00p		Lap Swim 7:00a - 2:30p		Lap Swim 5:30a - 2:30p	Lap Swim 7:00a - 2:30p		Lap Swim 5:30a - 2:30p	Lap Swim 7:00a - 2:30p		Lap Swim 8:00a - 2:00p
		BYB 2:30p - 7:00p		BYB 2:30p - 7:00p	BYB 2:30p - 7:00p	BYB 2:30p - 7:00p	BYB 2:30p - 7:00p			
		Lap Swim 7:00p - 8:00p		Lap Swim 7:00p - 8:00p	Lap Swim 7:00p - 8:00p	Lap Swim 7:00p - 8:00p	Lap Swim 7:00p - 8:00p	Lap Swim 7:00p - 8:00p		

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 Shawn Rich at 941-2808 ext 332 or at srich@bangorymca.org



Lifting People.
Strengthening Community.

BANGOR REGION YMCA

MEANS POOL

Effective 9/28/26 - 12/27/26

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-8:00a		Lap Swim 5:30a-8:00a		Lap Swim 5:30a-8:00a		Lap Swim 5:30a-8:00a		Lap Swim 5:30a-8:00a		Hydrofit 7:00a-8:00a
Swim Lessons 8:00a - 12:30p	WATERinMOTION Shallow 8:00a - 9:00a		Aqua Tai Chi 8:00a - 9:00a		WATERinMOTION Platinum 8:00a - 9:00a		Aqua Tai Chi 8:00a - 9:00a		WATERinMOTION Shallow 8:00a - 9:00a		Swim Lessons 8:00a - 12:30p
	ECE 10:00a - 11:00a		ECE 10:00a - 11:00a				ECE 10:00a-11:00a		ECE 10:00a - 11:00a		
	Splash Fit 11:15a - 12:15p		WATERinMOTION Shallow 11:00a - 12:00p		WATERinMOTION Shallow 11:15a - 12:15p		WATERinMOTION Shallow 11:00a - 12:00p		Splash Fit 11:15a - 12:15p		
	Open Exercise 12:15p - 12:45p		MCIR 12:00p- 1:00p (2 Lanes)	Open Exercise 12:00p - 12:45p (2 Lanes)	Open Exercise 12:15p - 12:45p		Lifeskills Lessons 12:00p - 1:00p		Open Exercise 12:15p - 12:45p		
Family Swim 12:30p - 3:30p	Lap Swim 12:45p- 3:00p (2 Lanes)	Open Swim 12:45p - 3:00p (2 Lanes)	Lap Swim 1:00p- 3:00p (2 Lanes)	Open Swim 12:45p - 3:00p (2 Lanes)	Lap Swim 12:45p- 3:00p (2 Lanes)	Open Swim 12:45p - 3:00p (2 Lanes)	Lap Swim 1:00p- 3:00p (2 Lanes)	Open Swim 1:00p - 3:00p (2 Lanes)	Lap Swim 2:00p- 4:00p (2 Lanes)	Open Swim 2:00p - 4:00p (2 Lanes)	Family Swim 12:30p - 3:30p
	Swim Lessons 3:15p - 6:00p		Swim Lessons 3:15p - 5:30p		Swim Lessons 3:15p - 6:00p		Swim Lessons 3:15p - 5:30p		Lifeskills Lessons 12:45p - 2:00p		
									School-Age 4:00p - 5:30p		
	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 5:30p - 8:30p		
	Family Swim 7:00p - 8:30p		Family Swim 7:00p - 8:30p		Family Swim 7:00p - 8:30p		Family Swim 7:00p - 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