Lifting People.
Strengthening Community.

BANGOR REGION YMCA

ALOUPIS POOL

Effective 10/19/26 - 11/15/26

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 7:00a - 8:00a (2 Lanes)	Lap Swim 5:30a - 7:15a Masters/ BYB 5:30a - 7:15a (3 Lanes)	Lap Swim 5:30a - 2:30p	Lap Swim 5:30a - 7:00a Masters 5:45a - 7:00a (2 Lanes)	Lap Swim 5:30a - 7:15a BYB 6:00a - 7:15a (3 Lanes)	Lap Swim 5:30a - 7:00a Masters 5:45a - 7:00a (2 Lanes)	Lap Swim 7:00a - 2:00p
Lap Swim 8:00a - 2:00p	Lap Swim 7:15a - 2:30p		Lap Swim 7:00a - 2:30p	Lap Swim 7:15a - 2:30p	Lap Swim 7:00a - 2:30p	
	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	

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@bangory.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	
Lap Swim 7:00a–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	
	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)	Lifeskills Lessons 12:45p – 2:00p	
Family Swim 12:30p – 3:30p					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	School-Age 4:00p – 5:30p	
		High/Low H20 5:30p – 6:30p		High/Low H20 5:30p – 6:30p		
	Hydrofit 6:00p – 7:00p		Hydrofit 6:00p – 7:00p			
	Family Swim 7:00p – 8:30p	Family Swim 7:00p – 8:30p	Family Swim 7:00p – 8:30p	Family Swim 7:00p – 8:30p	Family Swim 5:30p – 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