

Boothbay YMCA Pool Schedules

January 1 – February 22 2026

Emery Lap Pool	TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:30-7:50	6 Lanes Open	3 Lanes Open	6 Lanes Open	3 Lanes Open	6 Lanes Open	6 Lanes Open 7-11 am
	7:50-8:50	1 Lane Open	3 Lanes Open	1 Lane Open	3 Lanes Open	1 Lane Open	
	8:50-11:00	6 Lanes Open	6 Lanes Open	6 Lanes Open	6 Lanes Open	6 Lanes Open	
	11:00-1:00	Closed					Closes @ 11 on Saturdays
	1:00-3:00	6 Lanes Open	6 Lanes Open	6 Lanes Open	6 Lanes Open	6 Lanes Open	
	3:00-4:00	5 Lanes Open					
	4:00-5:00	*1 Lane Open	*1 Lane Open	*1 Lane Open	*1 Lane Open	*1 Lane Open	
	5:00-6:00	1 Lane Open	3 Lanes Open	1 Lane Open	3 Lanes Open	3 Lanes Open	
Ann Leach Pool	5:00-7:00	Closed					
	7:00-8:30	Open / Family Swim	Open / Family Swim	Open / Family Swim	Open / Family Swim	Open / Family Swim	Open / Family Swim
	8:50-9:30	1/2 Open 1/2 Balance		1/2 Open 1/2 Balance		1/2 Open 1/2 Lessons	
	9:30-11:00	Open / Family Swim		1/2 Open 1/2 Lessons		1/2 Open 1/2 Lessons	
	11:00-1:00	Closed					Closes @ 11 on Saturdays
	1:00-3:00	Open / Family Swim	Open / Family Swim	1/2 Open 1/2 Lessons	Open / Family Swim	Open / Family Swim	
	3:00-4:00		1/2 Open 1/2 Lessons	Open / Family Swim			
	4:00-6:00		Open / Family Swim	1/2 Open 1/2 Lessons			

- * PLEASE NOTE ,THIS EXTRA LANE TO SWIM LAPS MAY NOT BE AVAILABLE DEPENDING ON THE DAY.*
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- SCHEDULE SUBJECT TO CHANGE.
- Adults are entitled to the pool in the same way that families are. All they want is a place to work out without being swum into. Please try and leave them some space when swimming past.

Winter I PROGRAMS:

Swim Lessons:

- Preschool level 1–2. Wednesdays. 9:30–10:00. Ann Leach Pool.
- Preschool level 1–2–3. Tuesdays. 3:00–3:30. Ann Leach Pool.
- School Age level 1–2. Wednesdays. 4:00–4:45. Ann Leach Pool.
- School age level 3–4. Mondays. 3:15–4:00. Emery Pool.
- Swim Team. Ages 6+. Everyday. 4:00–5:00. Emery Pool.

Aqua Aerobics (ages 15+):

- Aqua Combo. Mondays/Wednesdays/Fridays. 8:00 – 8:45. Emery Pool. Included with membership.
- Aqua Fit. Tuesdays/Thursdays. 8:00–8:45. Emery Pool. \$25 Member \$50 Non Members.
- Aqua Stretch and Balance. Mondays/Wednesday. Ann Leach Pool. \$25 Member \$50 Non Members.
- Aqua Bootcamp. Mondays/Wednesday. 5:15–6:00. Emery Pool. \$25 Member \$50 Non Members.