

SUMMER

# ADULT OPEN SWIM & LAP SWIM



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**OLD TOWN - ORONO YMCA**  
472 Stillwater Avenue, Old Town, ME 04468  
207 827 9622 • [OTOYMCA.org/schedules](http://OTOYMCA.org/schedules)

## JULY 2025

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

**CLOSED FOR  
INDEPENDENCE DAY**

HAVE A SAFE AND HAPPY HOLIDAY WEEKEND!

|                                                                                                                                                                                                                                  |                                                                                                                                                                            |                                                                                                                                          |                                                                                                                                                                                                             |                                                                                                                                                |                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                  | <sup>1</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)  | <sup>2</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br><br>1:00 PM - 2:45 PM (3O)  | <sup>3</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)<br><br>6:00 PM - 6:45 PM (1P/1S)  |                                                                                                                                                |                                                                              |
| <sup>7</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br>9:45 AM - 10:30 AM (1P/2S)<br><br>1:00 PM - 2:45 PM (3O)<br>2:45 PM - 3:30 PM (1P/1S)<br>6:00 PM - 6:45 PM (1P/1S)  | <sup>8</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)  | <sup>9</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br><br>1:00 PM - 2:45 PM (3O)  | <sup>10</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)<br><br>6:00 PM - 6:45 PM (1P/1S) | <sup>11</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br><br>1:00 PM - 1:45 PM (1P/2S/3O) | <sup>12</sup><br>8:30 AM - 9:15 AM (4P/2S)<br><br>12:30 PM - 1:15 PM (1P/1S) |
| <sup>14</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br>9:45 AM - 10:30 AM (1P/2S)<br><br>1:00 PM - 2:45 PM (3O)<br>2:45 PM - 3:30 PM (1P/1S)<br>6:00 PM - 6:45 PM (1P/1S) | <sup>15</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O) | <sup>16</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br><br>1:00 PM - 2:45 PM (3O) | <sup>17</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)<br><br>6:00 PM - 6:45 PM (1P/1S) | <sup>18</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br><br>1:00 PM - 1:45 PM (1P/2S/3O) | <sup>19</sup><br>8:30 AM - 9:15 AM (4P/2S)<br><br>12:30 PM - 1:15 PM (1P/1S) |
| <sup>21</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br>9:45 AM - 10:30 AM (1P/2S)<br><br>1:00 PM - 2:45 PM (3O)<br>2:45 PM - 3:30 PM (1P/1S)<br>6:00 PM - 6:45 PM (1P/1S) | <sup>22</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O) | <sup>23</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br><br>1:00 PM - 2:45 PM (3O) | <sup>24</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)<br><br>6:00 PM - 6:45 PM (1P/1S) | <sup>25</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br><br>1:00 PM - 1:45 PM (1P/2S/3O) | <sup>26</sup><br>8:30 AM - 9:15 AM (4P/2S)<br><br>12:30 PM - 1:15 PM (1P/1S) |
| <sup>28</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br>9:45 AM - 10:30 AM (1P/2S)<br><br>1:00 PM - 2:45 PM (3O)<br>2:45 PM - 3:30 PM (1P/1S)<br>6:00 PM - 6:45 PM (1P/1S) | <sup>29</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O) | <sup>30</sup><br>7:00 AM - 7:45 AM (1P/2S/3O)<br>8:00 AM - 8:45 AM (1P/2S/3O)<br>9:00 AM - 9:45 AM (1P/1S)<br><br>1:00 PM - 2:45 PM (3O) | <sup>31</sup><br>6:00 AM - 6:45 AM (2P/4S)<br>7:00 AM - 7:45 AM (2P/4S)<br><br>9:00 AM - 9:45 AM (1P/1S)<br><br>12:15 PM - 1:00 PM (1P/1S)<br>1:00 PM - 1:45 PM (1P/2S/3O)<br><br>6:00 PM - 6:45 PM (1P/1S) |                                                                                                                                                |                                                                              |

### NEW SWIM TIMES HAVE ARRIVED!

A FEW QUICK NOTES AS YOU READ THE SCHEDULE:

- ADULT OPEN TIMES ARE NOW INCLUDED ON THIS SCHEDULE, INDICATED WITH "3O" IN PARENTHESES WHEN AVAILABLE
- SUMMER IS IN FULL SWING - BE PREPARED TO SHARE THE POOL WITH YOUTH AND FAMILIES DURING SOME LAP TIMES
- KEEP AN EYE OUT FOR ONGOING CHANGES AS WE WORK TO BALANCE THE NEEDS OF ALL OUR MEMBERS AND GUESTS!

### REGISTER ONLINE, CALL, OR STOP BY THE Y TO RESERVE YOUR TIME

SHARED LANE & ADULT OPEN PRICING:

FREE FOR MEMBERS + NATIONWIDE MEMBERS  
\$10 FOR GUESTS

PRIVATE LANE PRICING:

\$3 FOR MEMBERS  
\$15 FOR GUESTS + NATIONWIDE MEMBERS