

**YMCA OF AUBURN-LEWISTON  
POOL AND HOT TUB HOURS  
Health Club & Spa (1977 S. Lisbon Rd, Lewiston)**



Monday	Tuesday	Wednesday	Thursday	Friday
5:00am - 5:45am Open	Pool opens at 7:00am	5:00am - 5:45am Open	Pool opens at 7:00am	5:00am - 5:45am Open
5:45am - 6:45am Closed for class		5:45am - 6:45am Closed for class		5:45am - 6:45am Closed for class
6:45am - 12:30pm Open	7:00am - 12:30pm Open	6:45am - 3:00pm Open	7:00am - 12:30pm Open	6:45am - 3:00pm Open
12:30pm - 1:15pm Closed for class	12:30pm - 1:15pm Closed for class		12:30pm - 1:15pm Closed for class	
1:15pm - 3:00pm Open	1:15pm - 3:00pm Open		1:15pm - 3:00pm Open	
Closed 3:00pm - 4:00pm	Closed 3:00pm - 4:00pm	Closed 3:00pm - 4:00pm	Closed 3:00pm - 4:00pm	Closed 3:00pm - 4:00pm
4:00pm - 5:30pm Open	4:00pm - 5:30pm Open	4:00pm - 5:30pm Open	4:00pm - 5:30pm Open	4:00pm - 7:00pm Open
5:30pm - 6:30pm Closed for class	5:30pm - 6:30pm Closed for class	5:30pm - 6:30pm Closed for class	5:30pm - 6:30pm Closed for class	
Closes 7:00pm	Closes 7:00pm	Closes 7:00pm	Closes 7:00pm	Closes 7:00pm

**SAUNA HOURS**

Mon/Wed/Fri: 5am-3pm and 4pm-7pm

Tues/Thurs: 7am-3pm and 4pm-7pm