

Bangor Y Barracudas
17 Second St. Bangor, ME

Directions:

1. Take 1-95 N to Bangor – 74 miles
2. Take the exit toward Hammond St. -0.2 miles
3. Turn right at Hammond St. – 1.2 miles
4. Slight right at Union St. – 0.2 miles
5. Turn right at 2nd St., the Bangor YMCA will be on your right

Old Town Orono YMCA
472 Stillwater Ave. Old Town, ME 04468

Directions:

1. Take 1-95 N towards Bangor – 83.6 miles
2. Take the exit toward Stillwater Ave – 0.2 miles
3. Take slight right to stay on Stillwater drive 2.2 miles Y will be on your left

Casco Bay YMCA
14 Old So. Freeport Rd. Freeport, ME 04032

Directions:

1. Take I-95 S towards Portland – 6.9 miles
2. Merge onto I-295 S – 35 miles
3. Take exit 17 for US-1 toward Yarmouth – 0.4 miles
4. Keep left at the fork, follow signs for Freeport – 141 feet
5. Turn left at US-1 N – 1.2 miles
6. Turn right at Old South Freeport Rd. -371 feet

Down East Family Y
238 State St. Ellsworth, ME 04605

Directions:

1. From Western Ave go to traffic circle to ME-100 N/ME-17 E/US-201 N/US-202 E
2. From Bangor St. Turn right at Belfast – 1.0 mile
3. Turn right at N Belfast Ave/ME-3 E – 41.9 miles
4. Turn left onto ME-3 E/US-1N – 16.7 miles
5. Slight right toward ME-3/US-1N -0.1 miles
6. Turn right onto ME-3/US-1N – 1.5 miles
7. Turn right at Maine St./ME-3 E/US-1N – 18.9 miles
8. Take slight left at W Maine St. – 0.5 miles
9. Turn left at Oak St/U.S. 1A W – 0.7 miles
10. Down East Y will be on left

**Northern York County Family YMCA
3 Pomerleau Street Biddeford, ME 04005**

Directions:

1. Take I-95 South towards Portland – 1.5 miles
2. Slight right onto I-295 S – 53.1 miles
3. Merge back onto I-95 S – 7.5 miles
4. Take exit #36 onto I-195 E towards Saco/Old Orchard Beach – 1.9 miles
5. Take exit 2A to merge onto Maine St/US-1 S -1.0 miles
6. Turn right at Elm St. – 2.0 miles
7. Slight right at Alfred St. -0.7 miles
8. Turn right at Pomerleau St., NYCY will be on left

**Pen Bay Y Sailfish
116 Union Street Rockport, ME 04856**

Directions:

1. Head on Eastern Ave./ME-17 E -35 miles
2. Turn left at ME-90 E/West St. - 2.7 miles
3. Turn left at Commercial St./US-1 – 1.3 miles
4. Turn right toward Union St. - .3 miles
5. Turn left on Union St. - .2 miles

**Pine Tree Swim Club
Greater Portland YMCA
70 Forest Ave Portland, Maine 04101**

Directions:

1. Take I-95 to I-295 – 6.9 miles
2. Take I-295 -47 miles
3. Take exit 6A for Maine Me 100 S/Forest Ave -.1 miles
4. Merge onto Forest Ave. - .5 miles

**Waldo County YMCA
157 Lincolnville Ave. Belfast, Maine 04915**

Directions:

1. Take Bangor St./Memorial Circle and turn right at N Belfast Ave
2. Turn right at N Belfast Ave/ME-3 E – 42 miles
3. Turn right at Lincolnville Ave - .4 miles