



# NORTHERN YORK COUNTY BRANCH

Pool Program Schedules: 1/14/19-2/17/19

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SMALL POOL Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>8:00am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>6:00am</b> Pool Opens	<b>8:00am</b> Pool Opens
<b>11:00a-12:00p</b> AOA Joints in Aqua	<b>11:30a-12:30p</b> AOA Water Fitness	<b>11:00a-12:00p</b> AOA Joints in Aqua	<b>11:00a-12:00p</b> AOA Water Fitness	<b>11:00a-12:00p</b> AOA Joints in Aqua		
<b>1:15-2:15p</b> AOA Water Fitness		<b>1:15-2:15p</b> AOA Water Fitness		<b>1:15-2:15p</b> AOA Water Fitness		
<b>8:45pm</b> Pool Closes	<b>8:45pm</b> Pool Closes	<b>8:45pm</b> Pool Closes	<b>8:45pm</b> Pool Closes	<b>6:30pm</b> Pool Closes	<b>1:45pm</b> Pool Closes	<b>3:45pm</b> Pool Closes

## LARGE POOL Program Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>5:30am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>5:30am</b> Pool Opens	<b>6:00am</b> Pool Opens	<b>8:00am</b> Pool Opens
<b>8:00a-9:00a</b> AM Aqua Blast		<b>8:00a-9:00a</b> AM Aqua Blast		<b>8:00a-9:00a</b> AM Aqua Blast	<b>8:00a-9:00a</b> Deep Water Fitness	
	<b>10:00a-11:00a</b> Water Boot Camp		<b>10:00a-11:00a</b> Water Boot Camp			
	<b>11:00a-11:30a</b> Water Walking					
	<b>6:45p-7:45p</b> Deep Water Fitness		<b>6:45p-7:45p</b> Deep Water Fitness			
<b>8:45pm</b> Pool Closes	<b>8:45pm</b> Pool Closes	<b>8:45pm</b> Pool Closes	<b>8:45pm</b> Pool Closes	<b>6:30pm</b> Pool Closes	<b>1:45pm</b> Pool Closes	<b>3:45pm</b> Pool Closes

**SHOWERS ARE MANDATORY BEFORE ENTERING POOL | PLEASE NOTE:** The pool schedule is subject to change and lane availability may vary without notice.

Get text notifications for closures and cancellations: Text NYCAQU TO 81010.

**SPLASH PARTY:** Come celebrate any special occasion with a Splash Party! Contact [ewhite@ymcaofsouthernmaine.org](mailto:ewhite@ymcaofsouthernmaine.org) for more information.

**POOL CLOSURES:** The small pool will be closed the first Friday of the month from 9-10a, the first and third Tuesday of the month from 12:30-1p and the first and third Friday of the month from 12:15-12:45p. Please see separate schedule for closures related to swim meets.

**Northern York County Branch**  
YMCA OF SOUTHERN MAINE  
3 Pomerleau St, Biddeford, ME  
207.283.0100 | [ymcaofsouthernmaine.org](http://ymcaofsouthernmaine.org)

**SWIM TEST POLICY:** A swim test is required for those under 15 years of age. Please see the lifeguard to take a swim test. If you do not pass the swim test, you must wear an orange bracelet. If you pass the swim test, you must wear a green bracelet. This helps the lifeguards identify swimmers and non-swimmers. **All children under 7 years must have a parent in the water with them and be within arm's reach at all times, even if they have passed the swim test.** Bracelets are given out at the front desk before entry to the pool. If you enter the pool without a bracelet, we will assume you are a non-swimmer. You must then take the swim test, or return to the front desk to receive your bracelet.