



NORTHERN YORK COUNTY BRANCH

Pool Program Schedules: 2/18/19-2/24/19

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SMALL POOL Program Schedule

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

LARGE POOL Program Schedule

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

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.