

# SWIMMING FOR ALL



Swimming is an important life skill, great exercise, and a challenging sport accessible to people of all ages and abilities.

## POOL OPTIONS

YMCA of Southern Maine members are welcome to use any of our [four branches](#). Currently, the following pools are open:

**BIDDEFORD:** Large pool (6 lanes, deep end)  
Small pool (2 lanes, shallow, warmer)

**PORTLAND:** Malcolm Pool (6 lanes, deep end)

**FREEPORT:** Large pool (8 lanes, deep end)  
Small pool (3 lanes, shallow, warmer)

## HOURS

Our pools are available from when the branch opens to 15 minutes before closing time. See your [local branch for hours](#).

## LAP SWIMMING & SOLO POOL WORKOUTS

Currently, lap swimming and solo pool workouts in our large pools are available during all open hours. See our [Pool Schedules](#) to determine how many lanes are available when you want to swim.

## SMALL POOLS

Our small pools in Biddeford and Freeport are available to members most hours we are open. They close a few hours a week to accommodate Family Swim and YMCA Preschool program swim. See our [Pool Schedules](#) for more information.

## FAMILY SWIM

Swimming as a family is a great way to bond, and to build water confidence and safety within your children. We offer dedicated Family Swim times to assist with this.

Family Swim is available on a first come, first served basis. There is a 30-minute time limit if we are busy.

Please maintain 6' distancing if not in same household.

FAMILY SWIM TIMES	BIDDEFORD	FREEPORT	PORTLAND
Wednesdays 4-6pm			
Fridays 6-8pm	Small pool (2 lanes)	Small pool (3 lanes)	Malcolm (large) pool (Shallow end of 3 lanes)
Saturdays 1-4pm			

## THINGS TO REMEMBER

**MEMBERSHIP:** Membership to the YMCA of Southern Maine is required. Family or Single Adult Family membership required for Family Swim.

**SYMPTOMS:** If you feel sick, please stay home.

**DISTANCE:** Please maintain 6' distancing from others outside your household at all times.

**SWIM TESTS:** Children under 15 years do not have full access to our pools unless they meet age, skill and height requirements outlined in our [Swim Test and Youth Pool Access](#) guidelines. Please call your local branch for details.