



BE A Y LIFEGUARD!

FREE TRAINING | CONTACT: Rebecca Coache (207-283-0100, rcoache@ymcaofsouthernmaine.org)

NORTHERN YORK COUNTY BRANCH

POOL SCHEDULE

- LARGE POOL -

As of May 18, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
6:00 AM	6:00am - 12:00pm 6 Lap Lanes	6:00am - 2:00pm 6 Lap Lanes	6:00am - 8:30am 6 Lap Lanes	6:00am - 6:00pm 6 Lap Lanes	6:00am - 7:45pm 6 Lap Lanes				
7:00 AM									
8:00 AM							8:30am - 9:15am 3 Lap Lanes / 3 Lanes Deep Water Aqua Blast		
9:00 AM									9:00am - 11:00am 6 Lap Lanes
10:00 AM									11:00am - 11:30am Pool Closed
11:00 AM									
12:00 PM	12:00pm - 1:00pm 3 Lap Lanes / 3 Lanes Mindful Aquafit		9:15pm - 4:30pm 6 Lap Lanes			8:00am - 3:45pm 6 Lap Lanes	11:30am - 1:45am 6 Lap Lanes		
1:00 PM	1:00pm - 4:00pm 6 Lap Lanes	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes							
2:00 PM		Deep Water Aquafit							
3:00 PM		3:00pm - 4:00pm 6 Lap Lanes							
4:00 PM	4:00pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons	4:00pm - 6:00pm 5 Lap Lanes / 1 Lane Swim Lessons	4:30pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons	6:00pm - 7:00pm 3 Lap Lanes / 3 Lanes Masters Swim Club					
5:00 PM		6:00pm - 7:00pm 3 Lap Lanes / 3 Lanes Masters Swim Club							
6:00 PM	6:30pm - 7:45pm 4 Lap Lanes / 2 Lanes Swim Club	7:00pm - 7:45pm 6 Lap Lanes	6:30pm - 7:45pm 4 Lap Lanes / 2 Lanes Swim Club	7:00pm - 7:45pm 6 Lap Lanes					



Scan for the Northern York County Branch Pool Schedule

- SMALL POOL -

As of May 18, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
6:00 AM	6:00am - 4:00pm Open Swim	6:00am - 12:00pm Open Swim	6:00am - 12:00pm Open Swim	6:00am - 4:00pm Open Swim	6:00am - 7:45pm Open Swim	8:00am - 3:45pm Open Swim					
7:00 AM											
8:00 AM											9:00am - 11:00am Open Swim
9:00 AM											11:00am - 11:30am Pool Closed
10:00 AM											
11:00 AM											
12:00 PM		12:00pm - 1:00pm Aqua Arthritis Only	12:00pm - 1:00pm Shallow Water Aerobics Only				11:30am - 1:45am Open Swim				
1:00 PM		1:00pm - 3:00pm Open Swim	1:00pm - 2:00pm Open Swim	4:00pm - 6:00pm Swim Lessons Only							
2:00 PM			2:00pm - 3:00pm Aqua Boxing Only								
3:00 PM			3:00pm - 4:00pm Open Swim								
4:00 PM	4:00pm - 6:00pm Swim Lessons / Open Swim	3:00pm - 6:00pm Swim Lesson Only	4:00pm - 5:15pm Swim Lessons Only								
5:00 PM			5:15pm - 6:30pm Swim Lessons / Open Swim	6:00pm - 7:45pm Open Swim							
6:00 PM	6:00pm - 7:45pm Open Swim	6:00pm - 7:00pm Swim Lessons / Open Swim									
7:00 PM		7:00pm - 7:45pm Open Swim	6:30pm - 7:45pm Open Swim								

PLEASE NOTE: The pool schedule is subject to change at any time.

NORTHERN YORK COUNTY BRANCH

YMCA OF SOUTHERN MAINE
3 Pomerleau Street, Biddeford, ME 04005
207-283-0100 | ymcaofsouthernmaine.org

Showers are mandatory before entering the pool area.

Get text notification for closures and cancellations:
Text: @NYCAQU to 81010

**TEXT ALERTS
REAL TIME UPDATES**
SIGN UP TODAY for Remind

