



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 July 13, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am - 2:00pm 6 Lap Lanes	6:00am - 2:00pm 6 Lap Lanes	6:00am - 8:30am 6 Lap Lanes	6:00am - 2:00pm 6 Lap Lanes	6:00am - 8:00am 6 Lap Lanes	YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event	YMCA Closed Sundays for the Summer Starting July 19
7:00 AM			8:30am - 9:15am 3 Lap Lanes / 3 Lanes Deep Water Aqua Blast		8:00am - 9:00am 3 Lap Lanes / 3 Lanes Aqua Sports Cross Training		
8:00 AM			9:15am - 3:00pm 6 Lap Lanes		9:00am - 6:00pm 6 Lap Lanes		
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Mindful Aquafit	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aquafit	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aqua Strengthening				
1:00 PM	3:00pm - 4:00pm 6 Lap Lanes	3:00pm - 6:00pm 6 Lap Lanes	3:00pm - 4:00pm Pool Closed	3:00pm - 4:00pm Pool Closed			
2:00 PM	4:00pm - 6:00pm 5 Lap Lanes / 1 Lane Swim Lessons		4:00pm - 6:00pm 6 Lap Lanes	4:00pm - 6:00pm 6 Lap Lanes			
3:00 PM	6:00pm - 7:00pm 3 Lap Lanes / 1 Lane Swim Lessons / 2 Lanes Peaks to Portland Training		6:00pm - 7:00pm 2 Lap Lanes / 4 Lane Masters Swim Club	6:00pm - 7:00pm 3 Lap Lanes / 1 Lane Swim Lessons / 2 Lanes Peaks to Portland Training	6:00pm - 7:00pm 2 Lap Lanes / 4 Lane Masters Swim Club		
4:00 PM	7:00pm - 7:45pm 6 Lap Lanes	7:00pm - 7:45pm Pool Closed	7:00pm - 7:45pm 6 Lap Lanes	7:00pm - 7:45pm 6 Lap Lanes	6:00pm - 8:00pm YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event	 Scan for the Northern York County Branch Pool Schedule	
5:00 PM							
6:00 PM							
7:00 PM							

- SMALL POOL -

As of July 13, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	6:00am - 10:30am Open Swim	6:00am - 3:30pm Open Swim	6:00am - 10:30am Open Swim	6:00am - 11:00am Open Swim	6:00am - 10:30am Open Swim	YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event	YMCA Closed Sundays for the Summer Starting July 19	
7:00 AM			10:30am - 12:30pm Camp Swim Only		10:30am - 12:30pm Camp Swim Only			
8:00 AM			10:30am - 12:30pm Camp Swim Only	11:00am - 12:00pm Water Meditation Only				
9:00 AM			12:30pm - 4:00pm Open Swim		12:00pm - 3:00pm Open Swim			1:00pm - 2:00pm Shallow Water Aerobics Only
10:00 AM	3:00pm - 4:00pm Pool Closed				3:00pm - 4:00pm Pool Closed		1:00pm - 6:00pm Open Swim	
11:00 AM								
12:00 PM	12:30pm - 4:00pm Open Swim	3:30pm - 6:00pm Swim Lessons Only	4:00pm - 4:30pm Swim Lessons Only	4:00pm - 6:00pm Swim Lessons / Open Swim	6:00pm - 8:00pm YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event			
1:00 PM		4:30pm - 6:00pm Swim Lessons / Open Swim						
2:00 PM	6:00pm - 7:00pm Open Swim	7:00pm - 7:45pm Pool Closed	6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim				
3:00 PM								
4:00 PM	4:00pm - 6:30pm Swim Lessons / Open Swim	6:00pm - 7:00pm Open Swim	6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim	6:00pm - 8:00pm YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event			
5:00 PM								
6:00 PM								
7:00 PM	6:30pm - 7:45pm Open Swim	7:00pm - 7:45pm Pool Closed	6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim	6:00pm - 8:00pm YMCA Closed for the Peaks to Portland a Swim to Benefit Kids event			

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

