



# 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 June 15, 2026

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



Scan for the  
Northern York County  
Branch  
Pool Schedule

## - SMALL POOL -

As of June 15, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY			
6:00 AM	<b>6:00am - 10:30am</b> Open Swim	<b>6:00am - 10:00am</b> Open Swim	<b>6:00am - 10:30am</b> Open Swim	<b>6:00am - 10:00am</b> Open Swim	YMCA Closed in Observance of Juneteenth	<b>8:00am - 3:45pm</b> Open Swim	<b>9:00am - 1:45pm</b> Pool Closed			
7:00 AM										
8:00 AM										
9:00 AM										
10:00 AM								<b>10:30am - 11:30pm</b> Camp Swim Only	<b>10:00am - 11:00am</b> Pool Closed	<b>10:30am - 11:30pm</b> Camp Swim Only
11:00 AM	<b>11:30pm - 4:00pm</b> Open Swim	<b>11:00am - 12:00pm</b> Aqua Arthritis Only	<b>11:30pm - 2:00pm</b> Open Swim	<b>11:00am - 12:00pm</b> Water Meditation Only	YMCA Closed in Observance of Juneteenth					
12:00 PM										
1:00 PM				<b>12:00pm - 3:00pm</b> Open Swim				<b>2:00pm - 3:00pm</b> Aqua Boxing Only	<b>12:00pm - 3:00pm</b> Open Swim	
2:00 PM			<b>3:00pm - 4:00pm</b> Pool Closed	<b>3:00pm - 4:00pm</b> Pool Closed						
3:00 PM		<b>3:00pm - 6:30pm</b> Swim Lesson Only	<b>4:00pm - 5:15pm</b> Swim Lessons Only	<b>4:00pm - 6:00pm</b> Swim Lessons Only						
4:00 PM	<b>4:00pm - 6:00pm</b> Swim Lessons / Open Swim	<b>6:30pm - 7:00pm</b> Swim Lessons / Open Swim	<b>5:15pm - 6:30pm</b> Swim Lessons / Open Swim	<b>6:00pm - 7:45pm</b> Open Swim						
5:00 PM										
6:00 PM	<b>6:00pm - 7:45pm</b> Open Swim	<b>7:00pm - 7:45pm</b> Open Swim	<b>6:30pm - 7:45pm</b> Open Swim							
7:00 PM										

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

