



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 22, 2026

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



Scan for the Northern York County Branch Pool Schedule

- SMALL POOL -

As of June 22, 2026

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

