



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 29, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am - 2:00pm 6 Lap Lanes	6:00am - 12:30pm 6 Lap Lanes	6:00am - 8:30am 6 Lap Lanes	6:00am - 10:00am 6 Lap Lanes	YMCA Closed for the 4th of July Holiday	YMCA Closed for the 4th of July Holiday	9:00am - 1:45pm Pool Closed
7:00 AM			8:30am - 9:15am 3 Lap Lanes / 3 Lanes Deep Water Aqua Blast				
8:00 AM			10:00am - 11:00am Pool Closed				
9:00 AM			9:15am - 3:00pm 6 Lap Lanes				
10:00 AM			11:00am - 2:00pm 6 Lap Lanes				
11:00 AM	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Mindful Aquafit	12:30pm - 2:30pm Pool Closed for Camp Heartwood Pool Party	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aqua Strengthening				
12:00 PM							
1:00 PM							
2:00 PM							
3:00 PM							
3:00 PM	3:00pm - 4:00pm 6 Lap Lanes	2:30pm - 4:00pm 6 Lap Lanes	3:00pm - 4:00pm Pool Closed	3:00pm - 4:00pm Pool Closed			
4:00 PM	4:00pm - 6:00pm 5 Lap Lanes / 1 Lane Swim Lessons	4:00pm - 6:00pm 5 Lap Lanes / 1 Lane Swim Lessons	4:00pm - 4:30pm 6 Lap Lanes	4:00pm - 6:00pm 5 Lap Lanes / 1 Lane Swim Lessons			
5:00 PM	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	4:30pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons	6:00pm - 7:00pm 2 Lap Lanes / 1 Lane Swim Lessons / 3 Lanes Masters Swim Club			
6:00 PM			6:00pm - 7:00pm 2 Lap Lanes / 1 Lane Swim Lessons / 3 Lanes Peaks to Portland Training				
7:00 PM			6:30pm - 7:45pm 4 Lap Lanes / 2 Lanes Swim Club		7:00pm - 7:45pm 6 Lap Lanes	7:00pm - 7:45pm 6 Lap Lanes	



Scan for the
Northern York County
Branch
Pool Schedule

- SMALL POOL -

As of June 29, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY						
6:00 AM	6:00am - 10:30am Open Swim	6:00am - 11:00am Open Swim	6:00am - 10:30am Open Swim	6:00am - 10:00am Open Swim	YMCA Closed for the 4th of July Holiday	YMCA Closed for the 4th of July Holiday	9:00am - 1:45pm Pool Closed						
7:00 AM			10:30am - 12:30pm Camp Swim Only					10:30am - 12:30pm Camp Swim Only	10:00am - 11:00am Pool Closed				
8:00 AM										11:00am - 12:00pm Aqua Arthritis Only	11:00am - 12:00pm Water Meditation Only		
9:00 AM										12:30pm - 2:30pm Pool Closed for Camp Heartwood Pool Party		12:30pm - 2:00pm Open Swim	12:00pm - 3:00pm Open Swim
10:00 AM													
11:00 AM	4:00pm - 5:15pm Swim Lessons Only	4:00pm - 6:00pm Swim Lessons Only											
12:00 PM			6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim									
1:00 PM								6:00pm - 7:45pm Open Swim	6:30pm - 7:45pm Open Swim				
2:00 PM										6:30pm - 7:45pm Open Swim			
3:00 PM			6:30pm - 7:45pm Open Swim										
4:00 PM	6:30pm - 7:45pm Open Swim												
5:00 PM		6:30pm - 7:45pm Open Swim											
6:00 PM				6:30pm - 7:45pm Open Swim									
7:00 PM					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

