



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 April 6, 2026

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



Scan for the Northern York County Branch Pool Schedule

- SMALL POOL -

As of April 6, 2026

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

