



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 May 4, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am - 12:00pm 6 Lap Lanes	6:00am - 2:00pm 6 Lap Lanes	6:00am - 8:30am 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						9:00am - 11:00am 6 Lap Lanes	
12:00 PM	12:00pm - 1:00pm 3 Lap Lanes / 3 Lanes Mindful Aquafit			6:00am - 6:00pm 6 Lap Lanes		8:00am - 3:45pm 6 Lap Lanes	11:00am - 11:30am Pool Closed
1:00 PM	1:00pm - 7:45pm 6 Lap Lanes	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aquafit	9:15am - 7:45pm 6 Lap Lanes		6:00am - 7:45pm 6 Lap Lanes		
2:00 PM							
3:00 PM		3:00pm - 6:00pm 6 Lap Lanes					
4:00 PM							
5:00 PM							
6:00 PM		6:00pm - 7:00pm 3 Lap Lanes / 3 Lanes Masters Swim Club		6:00pm - 7:00pm 3 Lap Lanes / 3 Lanes Masters Swim Club			 Scan for the Northern York County Branch Pool Schedule
7:00 PM	7:00pm - 7:45pm 6 Lap Lanes		7:00pm - 7:45pm 6 Lap Lanes				

- SMALL POOL -

As of May 4, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
6:00 AM	6:00am - 7:45am Open Swim	6:00am - 12:00pm Open Swim	6:00am - 12:00pm Open Swim	6:00am - 12:00pm Open Swim				
7:00 AM	7:45am - 8:00am Pool Closed for Maintenance							
8:00 AM								
9:00 AM								
10:00 AM								
11:00 AM							9:00am - 11:00am Open Swim	
12:00 PM	8:00am - 7:45pm Open Swim	12:00pm - 1:00pm Aqua Arthritis Only	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	11:00am - 11:30am Pool Closed	
1:00 PM			1:00pm - 2:00pm Open Swim					11:30am - 1:45pm Open Swim
2:00 PM			2:00pm - 3:00pm Aqua Boxing Only					
3:00 PM			1:00pm - 7:45pm Open Swim				1:00pm - 7:45pm Open Swim	
4:00 PM				3:00pm - 7:45pm Open Swim				
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

