



# 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 1, 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 - 8:30pm 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 Pool Closed	
7:00 AM			8:30am - 9:15am 3 Lap Lanes / 3 Lanes Deep Water Aqua Blast					
8:00 AM			9:15am - 4:30pm 6 Lap Lanes					6:00pm - 7:00pm 2 Lap Lanes / 1 Lane Swim Lessons / 3 Lanes Masters Swim Club
9:00 AM			2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aquafit					4:30pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons
10:00 AM			3:00pm - 4:00pm 6 Lap Lanes					6:00pm - 7:00pm 3 Lap Lanes / 3 Lanes Masters Swim Club
11:00 AM	4:00pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons	7:00pm - 7:45pm Pool Closed	6:30pm - 7:45pm 4 Lap Lanes / 2 Lanes Swim Club					
12:00 PM	12:00pm - 1:00pm 3 Lap Lanes / 3 Lanes Mindful Aquafit	4:00pm - 6:00pm 5 Lap Lanes / 1 Lane Swim Lessons	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				
1:00 PM	1:00pm - 4:00pm 6 Lap Lanes	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 Masters Swim Club					
2:00 PM	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aquafit	7:00pm - 7:45pm Pool Closed						
3:00 PM	3:00pm - 4:00pm 6 Lap Lanes							
4:00 PM	4:00pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons							
5:00 PM	5:00pm - 6:00pm 3 Lap Lanes / 3 Lanes Masters Swim Club							
6:00 PM	6:00pm - 7:45pm 4 Lap Lanes / 2 Lanes Swim Club							
7:00 PM								



Scan for the Northern York County Branch Pool Schedule

### - SMALL POOL -

As of June 1, 2026

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

