



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 11, 2026

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

- SMALL POOL -

As of May 11, 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	6:00am - 10:00am Pool Closed for Facility Maintenance	8:00am - 3:45pm Open Swim	9:00am - 11:00am Open Swim					
7:00 AM	7:45am - 8:00am Pool Closed for Maintenance						11:00am - 11:30am Pool Closed					
8:00 AM	8:00am - 4:00pm Open Swim						12:00pm - 1:00pm Aqua Arthritis Only	12:00pm - 1:00pm Shallow Water Aerobics Only	12:00pm - 1:00pm Water Meditation Only	10:00am - 7:45pm Open Swim	11:30am - 1:45am Open Swim	
9:00 AM							1:00pm - 3:00pm Open Swim	1:00pm - 2:00pm Open Swim	1:00pm - 4:00pm Open Swim			
10:00 AM							4:00pm - 6:00pm Swim Lessons / Open Swim	2:00pm - 3:00pm Aqua Boxing Only	4:00pm - 6:00pm Swim Lessons Only			
11:00 AM								3:00pm - 4:00pm Open Swim				
12:00 PM							6:00pm - 7:45pm Open Swim	6:00pm - 6:30pm Swim Lessons / Open Swim	5:15pm - 6:30pm Swim Lessons / Open Swim			6:00pm - 7:45pm Open Swim
1:00 PM												
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

