



BE A Y LIFEGUARD!

FREE TRAINING | CONTACT: Rebecca Couche | 207-283-0100, rcouche@nymcaofsouthernmaine.org

NORTHERN YORK COUNTY BRANCH
POOL SCHEDULE

- LARGE POOL -

As of August 24, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am - 2:00pm 6 Lap Lanes	6:00am - 2:00pm 6 Lap Lanes	6:00am - 8:30am	6:00am - 2:00pm 6 Lap Lanes	6:00am - 5:30pm 6 Lap Lanes	8:00am - 3:45pm 6 Lap Lanes	Northern York County Branch Closed Sundays for the Summer
7:00 AM			8:30am - 9:15am 3 Lap Lanes / 3 Lanes Deep Water Aqua Blast				
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM							
12:00 PM							
1:00 PM							
2:00 PM	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Mindful Aquafit	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aquafit	9:15am - 4:00pm 6 Lap Lanes	2:00pm - 3:00pm 3 Lap Lanes / 3 Lanes Deep Water Aquafit			
3:00 PM	3:00pm - 4:00pm 6 Lap Lanes						
4:00 PM	4:00pm - 5:00pm 5 Lap Lanes / 1 Lane Swim Lessons 5:00pm - 6:00pm 1 Lap Lane / 1 Lane Swim Lessons / 4 Lanes Masters Swim	3:00pm - 6:00pm 6 Lap Lanes	4:00pm - 5:00pm 5 Lap Lanes / 1 Lane Swim Lessons 5:00pm - 6:00pm 2 Lap Lanes / 4 Lanes Masters Swim Club	3:00pm - 6:00pm 6 Lap Lanes			
5:00 PM							
6:00 PM	6:00pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons	6:00pm - 7:00pm 2 Lap Lanes / 4 Lanes Masters Swim Club	6:00pm - 6:30pm 5 Lap Lanes / 1 Lane Swim Lessons	6:00pm - 7:00pm 2 Lap Lanes / 4 Lanes Masters Swim Club	5:30pm - 7:45pm Women's Swim Safety Clinic Only		Scan for the Northern York County Branch Pool Schedule
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			

- SMALL POOL -

As of August 24, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	6:00am - 4:00pm Open Swim	6:00am - 11:00am Open Swim	6:00am - 2:00pm Open Swim	6:00am - 11:00am Open Swim	6:00am - 5:30pm Open Swim	8:00am - 3:45pm Open Swim	Northern York County Branch Closed Sundays for the Summer
7:00 AM							
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM		11:00am - 12:00pm Aqua Aerobics Only		11:00am - 12:00pm Water Meditation			
12:00 PM							
1:00 PM		12:00pm - 3:30pm Open Swim					
2:00 PM			2:00pm - 3:00pm Aqua Arthritis Only	12:00pm - 4:00pm Open Swim			
3:00 PM			3:00pm - 4:00pm Open Swim				
4:00 PM	4:00pm - 6:30pm Swim Lessons / Open Swim	3:30pm - 6:00pm Swim Lessons Only	4:00pm - 4:30pm Swim Lessons Only 4:30pm - 6:00pm Swim Lessons / Open Swim	4:00pm - 6:00pm Swim Lessons / Open Swim			
5:00 PM							
6:00 PM							
7:00 PM	6:30pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim	5:30pm - 7:45pm Women's Swim Safety Clinic Only		

PLEASE NOTE: The pool schedule is subject to change at any time.

NORTHERN YORK COUNTY BRANCH
YMCA OF SOUTHERN MAINE
3 Powerhouse 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 #1010

TEXT ALERTS
REAL TIME UPDATES
SIGN UP TODAY for Remind

