



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 August 10, 2026

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



Scan for the
Northern York County
Branch
Pool Schedule

- SMALL POOL -

As of August 10, 2026

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM			6:00am - 10:30am Open Swim		6:00am - 10:30am Open Swim		
7:00 AM	6:00am - 10:30am Open Swim	6:00am - 11:00am Open Swim					
8:00 AM							
9:00 AM							
10:00 AM							
11:00 AM	10:30am - 12:30pm Camp Swim Only	11:00am - 12:00pm Aqua Arthritis	10:30am - 12:30pm Camp Swim Only	6:00am - 2:00pm Open Swim	10:30am - 12:30pm Camp Swim Only		Branch Closed Sundays for the Summer
12:00 PM						8:00am - 3:45pm Open Swim	
1:00 PM		12:00pm - 3:30pm Open Swim	12:30pm - 2:00pm Open Swim				
2:00 PM	12:30pm - 4:00pm Open Swim		2:00pm - 3:00pm Aqua Boxing	2:00pm - 4:00pm Pool Closed			
3:00 PM			3:00pm - 4:00pm Open Swim				
4:00 PM		3:30pm - 6:00pm Swim Lessons Only	4:00pm - 4:30pm Swim Lessons Only	4:00pm - 6:00pm Swim Lessons / Open Swim	12:30pm - 7:45pm Open Swim		
5:00 PM	4:00pm - 6:30pm Swim Lessons / Open Swim		4:30pm - 6:00pm Swim Lessons / Open Swim				
6:00 PM		6:00pm - 7:00pm Open Swim					
7:00 PM	6:30pm - 7:45pm Open Swim	7:00pm - 7:45pm Pool Closed	6:00pm - 7:45pm Open Swim	6:00pm - 7:45pm Open Swim			

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

