



Main Pool Fall 2018 September 4th - October 29th

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	5:00-11:00 Lap Swim (all lanes)	5:00-11:00 Lap Swim (5 Lanes) LRSC 5:45-6:45 Lanes 7-8	5:00-9:00 Lap Swim (all lanes)	5:00-11:00 Lap Swim (5 Lanes) LRSC 5:45-6:45 Lanes 7-8	5:00-11:00 Lap Swim (all lanes)	7:00-9:00 Lap Swim 4+ Lanes available	
8am		7-7:45am Splash and Dash lanes 1-3		7-7:45am Splash and Dash lanes 1-3		7:30-8:30am Masters Swim (Lns 5-8)	Pool opens at 9:15AM
9am		Deep Water Aerobics 9:00-9:45am (Ann)	Deep Water Aerobics 9:00-9:45am (Ann)	Deep Water Aerobics 9:00-9:45am (Ann)		8:30a-10:30 Swim Lessons Lane 8 9a- 11a LRSC Lanes 6 & 7	Lap Swim 4+ Lanes 9:15- 10:30am
10am		Lisbon Schools 9:45-10:45am lanes 6,7,8	9:00-11:00am Lap Swim 4+ Lanes	9:00-11:00am Lap Swim 4+ Lanes		8:30-11:00am Lap swim lanes 1-5	9:15- 10:30am Open Swim (2 lanes)
11am	11:00-12:00 Aqua Exercise (Pat) lanes 1-4		11:00-12:00 Aqua Exercise (Pat) lanes 1-4		11:00-12:00 Aqua Exercise (Pat) lanes 1-4	11:00-12:30pm Lap swim lanes 3-8	Pool rental 10:30- 11:30am (call for avail.)
	11:00-12PM Lap Swim Lanes 5-8	11:00-12PM Lap Swim Lanes 3-8	11:00-12PM Lap Swim Lanes 5-8	11:00-12PM Lap Swim Lanes 3-8	11:00-12PM Lap Swim Lanes 5-8	11:00-12:30pm Open Swim lanes 1 & 2	Open/lap Swim 11-12:30pm
12n	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	12N-3pm Open Swim lanes 1-2	Pool rental 12:30-1:30pm (call for avail.)	
1pm	12-3pm Lap swim lanes 3-8	12-3pm Lap swim lanes 3-8	12-3pm Lap swim lanes 3-8	12-3pm Lap swim lanes 3-8	12-3pm Lap swim lanes 3-8		
2pm						Open Swim/Lap Swim until 2:30pm	
3pm	LRSC	LRSC	LRSC	LRSC	LRSC		
4pm	LRSC	LRSC	LRSC/ Youth Lesson 4:30-5:15pm	LRSC	LRSC		
5pm	5:30-7:30PM Lap Swim 5+ lanes	LRSC	5:15-6:00pm Lap Swim lanes 3-8	LRSC	5:30-7:30PM Lap Swim 6+ lanes		
	6:00- 7:30pm open swim lanes 1 and 2	LRSC	5:15-6:00pm open swim lanes 1-2	LRSC	5:15- 7:30pm open swim lanes 1 and 2		
6pm	5:30-6:15pm Adult lessons Swim strokes lanes 7&8	LRSC	LRSC 6pm-7pm	LRSC			
7pm	Lap Swim 5:15-8:30pm 5+ lanes	Lap Swim 7pm-8:30pm 6+ lanes	Lap Swim 7pm-8:30pm 6+ lanes	Lap Swim 7pm-8:30pm 6+ lanes	Lap Swim 5:15-8:30pm 6+ lanes		

**Please Shower
before entering the
pool and read
through our pool
rules, and swim
test policies**

**Long Reach Swim Club
fall season begins
9/24/18**



Interested in swim lessons? Ask us about our Fall swim lesson sessions!
andrea@bathymca.org OR emily@bathymca.org
***Please note that our HOT TUB is drained and cleaned every Tuesday at 1pm and remains closed until approximately 4pm.**
Updated Pool Schedule as of : 8/23/2018