



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Main Pool Early Winter 2015

|      | Monday   | Tuesday                               | Wednesday                                     | Thursday                              | Friday                                     | Saturday  | Sunday                               |
|------|--|---------------------------------------|---|---------------------------------------|--|---|--------------------------------------|
| 5am  | 5:00-9:00<br>Adult Lap Swim<br>(all lanes)   | 5:00-9:00<br>Adult Lap Swim           | 5:00-9:00<br>Adult Lap Swim<br>(all lanes)    | 5:00-9:00<br>Adult Lap Swim           | 5:00-9:00<br>Adult Lap Swim<br>(all lanes) | 7:15-9:00<br>Adult Lap  |                                      |
| 7am  | <b>Some lanes are available M-F 5am-2pm It Varies w/programming</b>                          | 7-7:45am<br>Splash and Dash<br>(Russ) |   | 7-7:45am<br>Splash and Dash<br>(Russ) |  | 7:15-8:30<br>Masters Swim<br>(Lns 5-8)  | <b>Pool opens at 9:15AM</b>          |
| 9am  |  | Lisbon Schools<br>9:45-10:45am        |   | 9:30-10am<br>PreSchool                | Morse High School<br>9-9:30am              | 8:45-11:00am<br>Lesson Program  | Adult Lap<br>6 Lanes<br>9:15-2:00pm  |
| 10am |  | Deep Water<br>(Elise)<br>10-10:45am   | Deep Water<br>(Elise)<br>10-10:45am           | Deep Water<br>(Elise)<br>10-10:45am   |  | 9:00-3:00pm<br>Adult Lap<br>lanes 3,4,5<br>or more  | 9:15-12:30<br>Open<br>Member<br>Swim |
| 11am | 11:00-12:00<br>Aqua Exercise<br>(Pat)  |                                       | 11:00-12:00<br>Aqua Exercise<br>(Pat)         |                                       | 11:00-12:00<br>Aqua Exercise<br>(Pat)      |   |                                      |
|      | 11:00-2PM<br>Adult Lap<br>Lanes 4-8  | 11:00-2PM<br>Adult Lap<br>Lanes 4-8   | 11:00-2PM<br>Adult Lap<br>Lanes 4-8           | 11:00-2PM<br>Adult Lap<br>Lanes 4-8   | 11:00-2PM<br>Adult Lap<br>Lanes 4-8        |   |                                      |
| 12n  | 12N-2pm<br>Open Swim<br>lanes 1-2  | 12N-2pm<br>Open Swim<br>lanes 1-2     | 12N-2pm<br>Open Swim<br>lanes 1-2             | 12N-2pm<br>Open Swim lanes<br>1-2     | 12N-2pm<br>Open Swim lanes<br>1-2          | 11-1:30pm<br>Open Swim  |                                      |
| 1pm  | 1-2pm<br>Adult Lap swim<br>lanes 3-8   | 1-2pm<br>Adult Lap swim<br>lanes 3-8  | 1-2pm<br>Adult Lap swim<br>lanes 3-8          | 1-2pm<br>Adult Lap swim<br>lanes 3-8  | 1-2pm<br>Adult Lap swim<br>lanes 3-8       | 12:30-1:30pm<br>Rental  | 12:30-1:30pm<br>Rental               |
| 2pm  | <b>The Main Pool is closed Monday thru Friday between 2-3pm for cleaning and maintenance</b> |                                       |   |                                       |  | Open Swim/Lap<br>Swim until 3pm   | Open Swim<br>1:30-2pm                |
| 3pm  | LRSC   | LRSC                                  | LRSC  | LRSC                                  | LRSC                                       | <div style="border: 1px solid black; padding: 5px; text-align: center;">           Please Shower before entering the pool and read through our pool rules, and swim test policies         </div>                            |                                      |
| 4pm  | Preschool Lesson<br>4:15-5pm   | LRSC                                  | Youth Lesson<br>4:15-5pm                      | LRSC                                  | LRSC                                       |   |                                      |
| 5pm  | 5:15-6:00PM<br>Special Olympics team Lanes 1/2   | LRSC                                  | 5:15-6:00PM<br>Adult Lap                      | LRSC                                  | 5:15-7:00PM<br>Adult Lap                   |   |                                      |
|      | Deep Water Aerobics<br>(Maddy)<br>5:30-6:15pm  | LRSC                                  | Deep Water Aerobics<br>(Maddy)<br>5:30-6:15pm | LRSC                                  |  |   |                                      |
| 6pm  | 5:15-7:00pm<br>4+ Adult Lap lanes available  | LRSC                                  | LRSC  | LRSC                                  | 6-7:00pm<br>4 Adult Lap lanes available    |   |                                      |
| 7pm  | Morse High<br>7-8pm  | Morse High<br>7-8pm                   | Morse High<br>7-8pm                           | Morse High<br>7-8pm                   | Morse High<br>7-8pm                        | <div style="border: 1px solid black; padding: 5px;">           Schedule is subject to change, go to <a href="http://www.bathymca.org">www.bathymca.org</a> for the most up to date changes and cancellations         </div> |                                      |

Morse High School Swim Team Practice Begins November 16 and will use the Main pool 7-8pm until mid February. Any evening that they do not practice will be available for Lap swim.

\*Please see our Swim Meet Closure List for dates and times the pools will be closed



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# Early Winter I/T Pool Schedule 2015

|      | Monday                             | Tuesday                                 | Wednesday                          | Thursday                             | Friday                              | Saturday                                | Sunday                             |
|------|------------------------------------|---|------------------------------------|--------------------------------------|-------------------------------------|---|------------------------------------|
| 5am  | 5:00-9AM<br>Adult Open<br>Swim     | 5:00-9AM<br>Adult Open<br>Swim          | 5:00-9AM<br>Adult Open Swim        | 5:00-9AM<br>Adult Open Swim          | 5:00-9AM<br>Adult Open<br>Swim      |   |                                    |
| 7am  |                                    |   | 9-9:30am<br>Parent/Child           | 9:30-10am<br>3s Swim<br>Lessons      | 9:00-9:30am<br>Morse High           | 7:15-9AM<br>Adult Open<br>Swim          |                                    |
| 9am  | 9:30-10am<br>Morse High            |   | 9:30-10am<br>Parents and 2s        | 9:30-10am<br>PreSchool               |                                     | 8:45-9:30am<br>Preschool<br>Lesson      | 9:15-10:30am<br>Open Swim          |
| 10am |                                    | 9:45-10:45<br>Lisbon                    | 10-10:30am<br>Enrichment           | 10-10:30<br>Learning Land            | 10-10:30am<br>Little<br>Schoolhouse | 9:30-10am<br>3s Swim<br>lessons         |                                    |
| 11am |                                    | 10:45-11:30am<br>Yarthritis<br>(Doris)  | 10:30-11am<br>Enrichment           | 10:45-11:30am<br>Yarthritis (Doris)  |                                     | 10-10:30<br>Parent/Child                |                                    |
| 12pm | 11:00-12:00N<br>Adult Swim         | 11:30-12:15am<br>Yarthritis<br>(Martha) | 11:00-12:00N<br>Adult Swim         | 11:30-12:15am<br>Yarthritis (Martha) | 11:00-12:00N<br>Adult Open<br>Swim  | 10:30-11<br>Parents and<br>2s           | 10:30-11:30<br>Adult Swim          |
| 1pm  | 12N-1<br>Open swim                 | 12:15-1PM<br>Adult Swim                 | 12N-1<br>Open swim                 | 12:15-1PM<br>Adult Swim              | 12N-1<br>Open swim                  | 11-12N<br>Family Swim                   | 11:30-12:30 Family<br>swim         |
| 2pm  |                                    | 1-3:30pm<br>GBPT                        |                                    | 1-3:30pm<br>GBPT                     | 1:00-1:30<br>MMCDC                  | 12-12:30pm<br>Adult Swim                | 12:30-1:30pm<br>Rental             |
| 3pm  | Midcoast<br>Hospital<br>2pm-3:30pm |   | Midcoast<br>Hospital<br>2pm-3:30pm |                                      | 1:30-2pm<br>Family Swim             | 12:30-1:30pm<br>Rental                  | 1:30-2pm Open<br>Swim              |
| 4pm  | 4:15-5pm<br>PreSchool<br>Lesson    | 3:30-5pm<br>Private<br>Lessons          | 4:15-5pm<br>Youth Lesson           | 3:30-5pm<br>Private Lessons          | Y-Care Swim<br>4-4:45pm             | 1:30-3pm<br>Open Swim                   | Pool Closes<br>at 2pm<br>On Sunday |
| 5pm  | 5:00-6pm<br>Adult Swim             | 5:00-6pm<br>Adult Swim                  | 5:00-6pm<br>Adult Swim             | 5:00-6pm<br>Adult Swim               | 5:00-6pm<br>Adult Swim              | Pool Closes<br>at 3pm<br>On<br>Saturday |                                    |
| 6pm  | 6:00-7:00<br>Family Swim           | 6:00-7:00<br>Family Swim                | 6:00-7:00<br>Family Swim           | 6:00-7:00<br>Family Swim             | 6:00-7:00<br>Family Swim            |   |                                    |
| 7pm  | 7-8:00PM<br>Adult Swim             | 7-8:00PM<br>Adult Swim                  | 7-8:00PM<br>Adult Swim             | 7-7:45PM H2O<br>Aerobics (Kim)       | 7-8:00PM<br>Adult Swim              |   |                                    |

Schedule Begins  
Novemebr 2nd

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