



# Main Pool Schedule Winter 2019

## January 1 - February 24

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:00-11:00 Lap Swim All lanes	5:00-9:00 Lap Swim 5+ lanes	5:00-9:00 Lap Swim 5+ lanes	5:00-9:00 Lap Swim 5+ lanes	5:00-11:00 Lap Swim All lanes	7:00-9:00 Lap Swim 3+ Lanes	
7am		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 lanes 1-3	Deep Water Aerobics 9:00-9:45am lanes 1-3	Deep Water Aerobics 9:00-9:45am lanes 1-3		8:00a-10:30am Swim Lessons lanes 1&2	Lap Swim 4+ Lanes 9:15-12:30p
10am		9:00-9:45am Woolwich 3rd grade Lessons lanes 7-8	9:00-11:00am Lap Swim 4+ Lanes	9:00-11:00am Lap Swim 4+ Lanes		9:00-1:30pm Lap swim 4+ Lanes	9:15-10:30a Open Swim Lanes 1 & 2
11am	11:00-12:00 Aqua Exercise lanes 1-4	Lisbon Schools 9:45-10:45am lanes 6,7,8	11:00-12:00 Aqua Exercise lanes 1-4		11:00-12:00 Aqua Exercise lanes 1-4	LRSC 9:00-11:00a lanes 5-6	open kayak skills lanes 5-8 10:30-12:30
	11:00-3:00PM Lap Swim 4+ lanes avail.	11:00am-3PM Lap Swim Lanes 3-8	11:00-3:00PM Lap Swim 4+ lanes avail.	11:00-3PM Lap Swim Lanes 3-8	11:00-3:00PM Lap Swim 4+ lanes avail.	11-12:30pm Open Swim lanes 1 & 2	starting 1/20. Call to sign up
12n	12N-3pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	12N-3pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	12N-3pm Open Swim lanes 1&2	Pool rental 12:30-1:30pm (call for avail.)	Pool rental 12:30-1:30p (call for avail.)
1pm		12:15-1:00pm Fisher Mitchell 3rd grade Lessons lanes 1-2		12:15-1:00pm Fisher Mitchell 3rd grade Lessons lanes 1-2		Lap Swim 6+ Lanes 1:30-4:30pm	Lap Swim 6+ Lanes 1:30-2:30pm
2pm						Open Swim Lanes 1 & 2 1:30-4:30pm	Open swim Lanes 1 & 2 1:30-2:30pm
3pm	LRSC	LRSC	LRSC	LRSC	LRSC		
4pm	LRSC	LRSC	LRSC	LRSC	LRSC		
5pm	Special Olympics Youth swim team lanes 7&8 5:15-6:00pm	LRSC	Special Olympics Adult Swim Team lanes 7&8 5:15-6:00pm	LRSC/ Youth Swim Lessons	5:15-7:00PM & 8:00-8:30pm Lap Swim 6 lanes	Morse High School swim season runs 11/19/18-2/18/19	
	5:15-7:00PM Lap Swim 5+ lane	LRSC	5:15-7:00PM Lap Swim 5+ lane	LRSC	5:15- 7pm open swim Lanes 1&2		
6pm	Adult Stroke Improvement lanes 7 & 8	LRSC	LRSC	LRSC			
7pm	Morse High School 7:00-8:00pm	Morse High School 7:00-8:00pm	Morse High School 7:00-8:00pm	Morse High School 7:00-8:00pm	Morse High School 7:00-8:00pm	Long Reach Swim Club fall season runs 9/6/18 - 3/3/19	
8pm	8:00-8:30pm Open Laps	8:00-8:30pm Open Laps	8:00-8:30pm Open Laps	8:00-8:30pm Open Laps	8:00-8:30pm Open Laps		

Interested in swim lessons? Ask us about our Winter and Early Spring swim lesson sessions!  
andrea@bathymca.org OR madeleine@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 : 12/19/2018

Schedule is subject to change, go to [www.bathymca.org](http://www.bathymca.org) for the most up to date schedules.