



Spring Main Pool Schedule April 22 - June 23, 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM	5:00-11:00AM Lap Swim All Lanes	5:00-9:00AM Lap Swim Lns.1-5 LRSC Lanes 6-8	5:00-9:00AM Lap Swim 5+ Lanes Avail.	5:00-9:00AM Lap Swim Lns.1-5 LRSC Lanes 6-8	5:00-9:00AM Lap Swim All Lanes	7:00-9:00AM Lap Swim 3+ Lanes Avail.	
7AM		7:00-7:45AM Splash and Dash Lanes 1-3		7:00-7:45AM Splash and Dash Lanes 1-3		7:30-8:30AM Masters Swim Lanes 5-8	Pool opens at 9:15AM
9AM		9:00-9:45AM Deep Water Aerobics Lanes 1-3	9:00-9:45AM Deep Water Aerobics Lanes 1-3	9:00-9:45AM Deep Water Aerobics Lanes 1-3	9:00-11:00AM Lap Swim 6+ Lanes Avail.	8:00-10:30AM Swim Lessons Lanes 1-2	9:15-12:30PM Lap Swim 4+ Lanes Avail.
10AM		9:00-11:00AM Lap Swim 4+ Lanes Avail.	9:00-11:00AM Lap Swim 4+ Lanes Avail.	9:00-11:00AM Lap Swim 4+ Lanes Avail.		9:00-1:30PM Lap Swim 3+ Lanes Avail.	9:15-10:30AM Open Swim Lanes 1-2
11AM	11:00-12N Aqua Exercise Lanes 1-4		11:00-12N Aqua Exercise Lanes 1-4		11:00-12N Aqua Exercise Lanes 1-4	9:00-10:30AM LRSC Lanes 4-6	10:30-11:30A Pool Rental Lanes 1-4 (call for avail.)
	11:00-3:00PM Lap Swim 4+ Lanes Avail.	11:00-3:00PM Lap Swim 4+ Lanes Avail.	11:00-3:00PM Lap Swim 4+ Lanes Avail.	11:00-3:00PM Lap Swim 6+ Lanes Avail.	11:00-3:00PM Lap Swim 4+ Lanes Avail.	11:00-12:30PM Open Swim Lanes 1-2	11:30-12:30PM Lap Swim 6+ Lanes Avail.
12N	12N-3PM Open Swim Lanes 1-2	12N-3:00PM Open Swim Lanes 1-2	12N-3PM Open Swim Lanes 1-2		12N-3PM Open Swim Lanes 1-2	12:30-1:30P Pool Rental Lns 1-4 (call for avail.)	11:30-12:30PM Open swim Lanes 1-2
1PM				12:00-3:00PM Open Swim Lanes 1-2		1:30-2:30PM Lap Swim 6+ Lanes Avail.	
2PM						1:30-2:30PM Open Swim Lanes 1-2	
3PM	LRSC A Practice 3-4:30PM	LRSC A Practice 3-4:15PM	LRSC A Practice 3-4:15PM	LRSC A Practice 3-4:15PM	LRSC A Practice 3-4:30PM		
4PM	LRSC B Practice 4:30-5:30PM	LRSC C/D Practice 4:30-5:15PM	LRSC C/D Practice 4:30-5:15PM	LRSC C/D Practice 4:30-5:15PM	LRSC B Practice 4:30-5:30PM		
5PM	5:30-8:30PM Lap Swim 5+ Lanes Avail.	4:30-6:00PM Youth Swim Lessons		5:15-6:00PM Lap Swim 5+ Lanes Avail.	5:30-8:30PM Lap Swim 4 Lanes Avail.		
6PM	5:30-6:15PM Adult Stroke Improvement Lanes 7-8	5:15-6:00PM Lap Swim 5+ Lanes Avail. 6-7PM LRSC B Practice	5:15-6:00PM Lap Swim 5+ Lanes Avail. 6-7PM LRSC B Practice	6-7PM LRSC B Practice		H2O outfitters kayak rental 6- 8:30pm lanes 5-8	Long Reach Swim Club Summer Season runs 5/13/19 - 7/23/19
7PM	6:15-8:30PM Open Swim Lanes 1-2	7:00-8:30PM Open Swim Lanes 1-2	7:00-8:30PM Open Swim Lanes 1-2	7:00-8:30PM Open Swim Lanes 1-2			
8PM	8:00-8:30PM Lap Swim 6 Lanes Avail.	7:00-8:30PM Lap Swim 6 Lanes Avail.	7:00-8:30PM Lap Swim 6 Lanes Avail.	7:00-8:30PM Lap Swim 6 Lanes Avail.	8:00-8:30PM Lap Swim 6 Lanes Avail.		

Interested in swim lessons? Ask us about our Spring and Summer swim lesson sessions-- either week long or 6 week sessions!
andrea@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 : 6/7/2019

Schedule is subject to change, go to www.bathymca.org for the most up to date schedules.



Spring I/T Pool Schedule April 22- June 23, 2019

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5AM	5:00-8:00AM Adult Swim	5:00-9:00AM Adult Swim	5:00-9:00AM Adult Swim	5:00-9:00AM Adult Swim	5:00-8:15AM Adult Swim		
7AM	8:00-9:00AM Aqua Yoga (Amanda)		9:00-10:00AM Parent & Child/ Preschool Lessons		8:15-9:00AM Strength and Balance (Ann)	7:00-8:00AM Adult Swim	Pool opens at 9:15AM
9AM		9:00-10:45AM Open Swim	10:00-10:30AM Enrichment			8:00-10:00AM Preschool Swim Lessons	9:15-10:00AM Open Swim
10AM	9:00-10:00AM Open Swim		10:30-11AM Enrichment	10:00-10:45A Little Schoolhouse Ends 6/13/19!			10:00-10:30AM Adult Swim
11AM	10:00-12N Adult Swim	10:45-11:30A Yarthritis (Ann)	11:00-11:30AM Enrichment	10:45-11:30A Yarthritis (Ann)	10:30-11:30a Open Swim	10:10-12N Parent & Child Swim Lessons	10:30-11:30AM Pool Rental (call for avail.)
12N		11:30-12:15P Yarthritis (Kathy)	11:30-12:30PM Adult Swim	11:30-12:15P Yarthritis (Kathy)	11:30-1:00PM Adult Swim		11:30AM-12:30PM Open Swim
1PM	12N-2:00PM Open Swim	12:15-1:00PM Open Swim	12:30-2:00PM Open Swim			12N-12:30PM Adult Swim	
2PM	2:00-3:30PM Midcoast Hospital	1:00-3:30P GBPT	2:00-3:30PM Midcoast Hospital	1:00-3:30PM GBPT	1:00-2:00PM Pathways	12:30-1:30PM Pool Rental (call for avail.)	
3PM	3:30-4:30PM Open Swim	3:30-4:30PM Open Swim	3:30-4:30PM Open Swim	3:30-4:30PM Open Swim	2:00-4:00PM Open Swim	1:30-2:30PM Open Swim	
4PM	4:30-5:15PM Youth Lessons	4:30-5:15P Phippsburg	4:30-5:15PM Youth Lessons	4:30-5:15PM Preschool Lessons	4-4:45PM Y-Care Swim		
5PM	5:15-6:15PM Adult Swim	5:15-6:15PM Adult Swim	5:15-6:15PM Adult Swim	5:15-6:15PM Adult Swim	5:15-6:15PM Adult Swim		
6PM	6:15-7:15PM Open Swim	6:15-7:15PM Open Swim	6:15-7:15PM Open Swim	6:15-7:00PM Open Swim	6:15-7:15PM Open Swim		
8PM	7:15-8:30PM Adult Swim	7:15-8:30PM Adult Swim	7:15-8:30PM Adult Swim	7:00-7:45PM H2O Aerobics (Kim) 8:00-8:30PM Adult Swim	7:15-8:30PM Adult Swim		

The Hot tub is drained and cleaned every Tuesday from 1pm until approximately 4pm. Thank you for your understanding!

Updated schedule as of 6/7/19

Please Shower before entering the pool. Please also read through our pool rules and swim test policies before entering the pool!

Schedule is subject to change, go to www.bathymca.org for the more info.