



# Winter I/T Pool Schedule

## January 6th- February 23rd, 2020

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:30-8:00AM Adult Swim	5:30-9AM Adult Swim	5:30-9AM Adult Swim	5:30-9AM Adult Swim	5:30-8:15AM Adult Swim		
7am	8:00-9:00a Aqua Yoga (Amanda)		9-10:00am Parent & Child/ Preschool Lessons		8:15-9:00a Strength and Balance	7:00-8:00AM Adult Swim	
9am		9-9:45am RSU 1	10-10:30am Enrichment	9-9:40 am Little Schoolhouse	9-9:40 am Little Schoolhouse	8:00-10:00a preschool lessons	
10am	9:00-10:00am Open Swim	9:45-10:45 Lisbon School	10:30-11am Enrichment	10-10:45 Learning Land	10:00-11:00a open swim	Preschool Lessons	9:15-10:30am Adult Swim
11am	10:00-12:00N Adult Swim	10:45-11:30a Yarthritis (Ann)	11-11:30am Enrichment	10:45-11:30a Yarthritis (Ann)		10:10a-12N Parent & Child	
12pm		11:30-12:15p Yarthritis (Kathy)	11:30- 12:30PM Adult Swim	11:30-12:15p Yarthritis (Kathy)	11:00A-1:00P Adult Swim	Parent & Child	10:30-11:30am Pool Rental (call for avail.)
1pm	12N-2 Open swim	12:15-1:00 RSU 1	12:30-2:00PM Open Swim	12:15-1:00 RSU 1		12-12:30pm Adult Swim	11:30-12:30pm Open swim
2pm		1-3:30pm GBPT	Midcoast Hospital 2pm-3:30pm	1-3:30pm GBPT	1:00-2:00 Pathways	12:30-1:30p Pool Rental (call for avail.)	
3pm	Midcoast Hospital 2pm-3:30pm	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	3:30-5:15pm Open Swim	4:30-5:15p Preschool Lessons	4:30-5:15pm Youth Lessons	4:30-5:15pm Preschool Lessons	Y-Care Swim 4-4:45pm		
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	6:15-7:15 Open Swim	6:15-7:15 Open Swim	6:15-7:15 Open Swim	6:15-7:15 Open Swim	6:15-7:15 Open Swim	<div style="border: 1px solid black; padding: 5px;"> <p>The Hot tub is drained and cleaned every Tuesday from 1pm until approximately 4pm. Thank you for your understanding!</p> </div>	
8pm	7:15-8:00 Adult Swim	7:15-8:00 Adult Swim	7:15-8:00 Adult Swim	7:15-8:00 H2O Aerobics (Kim)	7:15-8:00PM Adult Swim		

Updated schedule as of 01/06/2020

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

Schedule is subject to change, go to [www.bathymca.org](http://www.bathymca.org) for more info.





# Main Pool Schedule Winter 2020

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

January 6th - February 23rd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:30-11:00 Lap Swim All lanes	5:30-9:00 Lap Swim 5+ lanes LRSC Lane 7+8	5:30-9:00 Lap Swim 5+ lanes	5:30-9:00 Lap Swim 5+ lanes LRSC Lane 7+8	5:30-11:00 Lap Swim 5+ lanes	7:00-9:00 Lap Swim 3+ Lanes	
7am		7-7:45am Splash and Dash lanes 1-3	5:30-6:30am Long Reach Masters Swim (Lns 6-8)	7-7:45am Splash and Dash lanes 1-3	5:30-6:30am Long Reach Masters Swim (Lns 6-8)	7:30-8:30am Masters Swim (Lns 5-8)	Pool opens at 9:15AM
9am		Deep Water Aerobics 9:00-9:45am	Deep Water Aerobics 9:00-9:45am	Deep Water Aerobics 9:00-9:45am		9:00a-10:45am Swim Lessons	Lap Swim 4+ Lanes 9:15-10:30am
10am		9:00-9:45am RSU 1 lanes 6-8	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 2 Lanes
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	Pool rental 10:30-11:30a (call for avail.)
	11:00-3:00PM Lap Swim 4+ lanes avail.	11:00am-3PM Lap Swim 4+ lanes avail.	11:00-3:00PM Lap Swim 4+ lanes avail.	11:00-3PM Lap Swim 4+ lanes avail.	11:00-3:00PM Lap Swim 4+ lanes avail.	11-12:30pm Open Swim lanes 1 & 2	Open Swim /Lap Swim until 12:30pm
12n	1:00pm-3:00pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	Pool rental 12:30-1:30pm (call for avail.)	
1pm		12:15-1:00pm RSU 1 lanes 6-8		12:15-1:00pm RSU 1 lanes 6-8		Open Swim /Lap Swim until 2:30pm	
2pm							
3pm	LRSC	LRSC	LRSC	LRSC	LRSC		
4pm	LRSC	LRSC	LRSC	LRSC	LRSC		
5pm	Special Olympics Youth swim team lanes 7&8 5:30-6:00pm	LRSC	Special Olympics Adult Swim Team lanes 7&8 5:15-6:00pm	LRSC/ Youth Swim Lessons	5:30-7:00PM & 8:00-8:30pm Lap Swim 6 lanes	Morse High School swim season runs 11/18/19-2/18/20	
	5:30-7:00PM Lap Swim 5+ lane	LRSC	5:15-6:00PM Lap Swim 5+ lane	LRSC	5:30- 7pm open swim Lanes 1&2		
6pm		LRSC	LRSC	LRSC		Long Reach Swim Club winter season runs 9/6/19 - 4/1/20	
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		
8pm							

Interested in swim lessons? Ask us about our Winter and Early Spring swim lesson sessions!  
sponge@bathymca.org  
Updated Pool Schedule as of : 01/06/2020

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