



Instructional Pool Schedule Fall 2020

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
6:30-7:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
7:30-8:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only) 8:00am-8:45am	
8:30-9:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Programming 9:00am-9:30am	
9:30-10:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Programming 9:45am-10:15am	
10:30-11:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Programming 10:30am-11:00am	
11:30-12:15PM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Programming 11:15am-11:45am	
12:30-1:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Family Swim (Reservation Only) 12:00pm-12:45pm	
1:30-2:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)		
2:30-3:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Reminder the Hot Tub is not open at this time	
3:30-4:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)		
4:30-5:15PM	Independent H2O Exercise (Reservation Only)	Programming	Independent H2O Exercise (Reservation Only)	Programming	Independent H2O Exercise (Reservation Only)	Schedule is subject to change, and will change as we are able to open our venues up further. Go to www.bathymca.org for the most up to date schedules. Reminder Lane availability may change based on the YMCA's programming	
5:30-6:00PM	Programming	Independent H2O Exercise (Reservation Only)	Programming	Independent H2O Exercise (Reservation Only)			
6:15-6:45PM	Family Swim (Reservation Only)	Family Swim (Reservation Only)	Family Swim (Reservation Only)	Family Swim (Reservation Only)			

Please understand that this is a learning curve for us in the Aquatics Department. Be kind to your lifeguards and lane neighbors. Currently we have no equipment available for use. You must bring your own. Please shower before coming to the pool and be prepared to show up and leave in your swim suit. There will be a designated area for your belongings. There will be an emergency rest room available. If you have questions feel free to call Sponge at (207)443-4112 ext. 25 or email Sponge@bathymca.org

Please do not forget there is 15 minutes built into the schedule in between activities for cleaning.