



Main Pool Winter 2023 February 20th- April 16th

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|----------------------------------------------------------|----------------------------------------------------|
| 5:30am-10:45am Adult Lap Swim 6+ Lanes available | 5:30am-11:00am Adult Lap Swim 3+ Lanes available | 5:30am-11:00am Adult Lap Swim 3+ Lanes available | 5:30am-11:00am Adult Lap Swim 3+ Lanes available | 5:30am-11:00am Adult Lap Swim 3+ Lanes available | 7:00am-5:00pm Adult Lap Swim 4+ Lanes available | |
| | 7:00am-7:45am Splash and Dash 3 Lanes | | 7:00am-7:45am Splash and Dash 3 Lanes | | | |
| | Deep Water Aerobics 10:00am-10:45am 3 Lanes | Deep Water Aerobics 10:00am-10:45am 3 Lanes | Deep Water Aerobics 10:00am-10:45am 3 Lanes | | | |
| | Lisbon Schools 9:45-10:45am 2 Lanes | | | Morse High School 10:00am-11:00am 2 Lanes | 10:00am-12:00pm Swim Lessons 3 Lanes | 9:00am-3:00pm Adult Lap Swim 4+ Lanes |
| 10:45am-11:45am Brunswick School 2 Lanes | | 10:45am-12:00pm Mer-People 3 Lanes | | 10:45am-12:00pm Mer-People 3 Lanes | | Open Swim 9:00am-3:00pm 2 Lanes |
| 10:45am-12:00pm Mer-People 3 Lanes | | | | | | |
| 11:00am-3:00pm Adult Lap swim 3+ Lanes | 11:00am-3:00pm Adult Lap swim 4+ Lanes | 11:00am-3:00pm Adult Lap swim 4+ Lanes | 11:00am-3:00pm Adult Lap swim 4+ Lanes | 11:00am-3:00pm Adult Lap swim 4+ Lanes | 12:00pm-5:00pm Open Swim 2 Lanes | Pool Rental 12:00pm-1:00pm (call for avail.) |
| 12:00pm-1:00pm SplasHit (New Class) | | 12:00pm-1:00pm SplasHit (New Class) | 1:00pm-3:00pm Open Swim 2 Lanes | 12:00pm-1:00pm SplasHit (New Class) | | |
| | 1:00pm-3:00pm Open Swim 2 Lanes | 12:30pm-1:30pm Swim Lessons 2 Lanes | 1:30pm-2:30pm Pownal Swim Lessons 2 Lanes | | Pool Rental 12:30-1:30pm (call for avail.) | |
| LRSC 3:00pm-5:30pm | LRSC 3:00pm-7:00pm | LRSC 3:00pm-5:15pm | LRSC 3:00pm-7:00pm | LRSC 3:00pm-5:30pm | | |
| 5:30pm-6:15pm Special Olympics 2 Lanes | | 5:15pm-6:00pm Special Olympics | | | | |
| 5:30pm-6:15pm Swim Lesson 2 Lanes | | 5:15pm-6:00pm Lap Swim 4+ Lanes | | 5:30pm-8:00pm Lap Swim 4+ lanes | | |
| 5:30pm-8:00pm Lap Swim 4+ lanes | | LRSC 6:00pm-7:00pm | | 5:30pm- 8:00pm open swim 2 Lanes | | |
| | | | | | | |
| | 7:00pm-8:00pm Lap Swim 4+ lanes | 7:00pm-8:00pm Lap Swim 4+ lanes | 7:00pm-8:00pm Lap Swim 4+ lanes | | | |

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

If you have any questions please reach out to sponge@bathymca.org

Schedule is subject to change, Please go to www.bathymca.org for the most up to date changes and cancellations.
Updated Pool Schedule as of : 2/20/23