



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH I/T POOL SCHEDULE 9/11-11/19

*Open Swim on weekends is dependent on party rentals - please call for availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
OPEN SWIM 5:30-8:00	OPEN SWIM 5:30-9:45	OPEN SWIM 5:30-9:00	OPEN SWIM 5:30-9:00	OPEN SWIM 5:30-8:30	OPEN SWIM 7:30-8:00	
STRENGTH & BALANCE <i>with Sarah</i> 8:00-9:00						
ARTHRITIS <i>with Cathy</i> 9:00-10:00						
OPEN SWIM 10:00-10:45	LISBON 9:45-10:45	ENRICHMENT 10:00-11:30	OPEN SWIM 9:45-11:00	OPEN SWIM 10:45AM-12:00	SWIM LESSONS 8:00-12:30	SWIM LESSONS 9:00-11:00
BRUNSWICK 10:45-11:45	ARTHRITIS <i>with Cathy</i> 11:00-12:00		ARTHRITIS <i>with Cathy</i> 11:00-12:00			
ADULT WATER WELLNESS 11:45-1:00	ADULT WATER WELLNESS 12:00-1:00	ADULT WATER WELLNESS 11:30-1:00	ADULT WATER WELLNESS 12:00-1:00	FREEPORT 12:00-1:00		
OPEN SWIM 1:00-3:30	MVPT 1:00-4:00	OPEN SWIM 1:00-1:45 LEARNING LAND 1:45-2:30	MVPT 1:00-4:00	PATHWAYS 1:00-2:00	ADULT H2O WELLNESS 1:30-2:30	OPEN SWIM 1:00-2:30
BRIGHTFIELD 3:30-4:30	SWIM LESSONS 4:30-6:15	OPEN SWIM 2:30-6:30	SWIM LESSONS 4:30-6:15	OPEN SWIM 2:00-7:30	OPEN SWIM 1:30-4:30	
OPEN SWIM 4:30-5:30						
LESSONS 5:30-7:00						
OPEN SWIM 7:00-7:30	OPEN SWIM 6:15-7:30	SWIM LESSONS 6:30-7:30	OPEN SWIM 6:15-7:30			
ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30		

THERE MAY BE POOL SPACE USED FOR PROGRAMMING AT ANY GIVEN TIME.



I/T POOL ACTIVITY DESCRIPTIONS

ADULT WATER WELLNESS

A mindful space available for ages 18+ to exercise, float, or walk free of toys and youth present. Please note, the basketball hoop and all toys will be unavailable during this time.

MVPT

A private rental. Pool space only open to those patients of the private therapy practice.

OPEN SWIM

Open to all members and guests in an unstructured setting.

POOL RENTAL

If no rental is taking place pool reverts to "open swim." Please call for availability during these times.

SWIM LESSONS

Private run group lessons for pre-registered participants. The pool to be closed to any additional members and/or guests.

STRENGTH & BALANCE

Mondays 8 a.m.

Join us in our Instructional/Therapy Pool for this class that uses basic movements and gentle exercises to increase your strength and improve overall balance.

SCHOOL GROUP LESSONS

Activities  in are private pool rentals. Private run groups for pre-registered participants. The pool to be closed to any additional members and/or guests.

Y ARTHRITIS*

Mondays 9 a.m., Tuesdays 11 a.m., Wednesdays 9 a.m., Thursdays 11 a.m.

Our trained arthritis instructors provide a steady workout, incorporating movements designed to encourage range of motion and increased flexibility. The class is held in our warmer I/T pool and swimming skills are not necessary. *Class is free with membership but pre-registration is required.

All group exercise classes are free for members unless stated otherwise. Please review all pool rules and policies prior to use, for the most up-to-date version please visit bathymca.org/aquatics/pool-rules.