



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 7:30-8:30	
STRENGTH & BALANCE <i>with Sarah</i> 8:00-9:00						
ARTHRITIS <i>with Cathy</i> 9:00-10:00	LISBON 9:45-10:45	ARTHRITIS <i>with Cathy</i> 9:00-10:00	LITTLE SCHOOL HOUSE 9:00-9:45	LITTLE SCHOOL HOUSE 9:00-9:45	SWIM LESSONS 8:30-9:00	SWIM LESSONS 9:00-11:00
OPEN SWIM 10:00-10:45						
BRUNSWICK 10:45-11:45						
ADULT WATER WELLNESS 11:45-1:00	ARTHRITIS <i>with Cathy</i> 11:00-12:00	ENRICHMENT 10:00-11:30	OPEN SWIM 9:45-11:00	OPEN SWIM 9:45AM-12:00	SWIM LESSONS 8:30-12:30	POOL RENTAL 11:00-1:00
ADULT WATER WELLNESS 12:00-1:00	ADULT WATER WELLNESS 11:30-1:00	ADULT WATER WELLNESS 12:00-1:00	ARTHRITIS <i>with Cathy</i> 11:00-12:00	FREEPORT 12:00-1:00		
OPEN SWIM 1:00-3:30	MVPT 1:00-4:00	OPEN SWIM 1:00-1:45	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	LEARNING LAND 1:45-2:30	SWIM LESSONS 4:30-6:15	OPEN SWIM 2:00-7:30	OPEN SWIM 1:30-4:30	
OPEN SWIM 4:30-5:30		OPEN SWIM 2:30-6:30				
LESSONS 5:30-7:00	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		
OPEN SWIM 7:00-7:30	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	ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30	<div style="border: 1px dashed black; padding: 10px; text-align: center;"> <p>THERE MAY BE POOL SPACE USED FOR PROGRAMMING AT ANY GIVEN TIME.</p> </div>	



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

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

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. Swimming skills are not necessary.

SWIM LESSONS & SCHOOL GROUP LESSONS

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.