



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BATH MAIN POOL SCHEDULE 9/11-11/19

\*# of Lap Lanes on weekends is dependent on party rentals

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
LAP SWIM 5:30-10:45	SPLASH & DASH with Richard 7:00-8:00 LAP SWIM 5:30-10:00	LAP SWIM 5:30-3:00	SPLASH & DASH with Richard 7:00-8:00 LAP SWIM 5:30-3:00	LAP SWIM 5:30-3:00	LAP SWIM 7:30-4:30	LAP SWIM 9:30-2:30
MER-PEOPLE with Julie 10:45-12:00 BRUNSWICK 10:45-11:45	DEEP WATER with 10-11 AM LISBON 9:45-10:45	DEEP WATER with 10-11 AM	DEEP WATER with 10-11 AM	MER-PEOPLE with Julie 10:45-12:00	LESSONS 8:30-12:00 WATER WALK with 9:30-10:30	
SPLASHIIT with Sarah 12:00-1:00	LAP SWIM 10:00-3:00 MASTERS 12:00-1:00	MER-PEOPLE with Julie 10:45-12:00 SPLASHIIT with Sarah 12:00-1:00	MASTERS 12:00-1:00 POWNAL 1:30-2:15	SPLASHIIT with Sarah 12:00-1:00		
LAP SWIM 10:45-3:00					*Open swim available all day Saturday and Sunday in Lanes 1 & 2	
LRSC 3:00-4:30	LRSC 3:00-7:00	LRSC 3:00-4:30	LRSC 3:00-7:00	LRSC 3:00-5:15		
LRSC 4:30-5:30 SWIM LESSONS 4:30-8:00		LRSC 4:30-5:15 LAP 5:15-6:00 LRSC 6:00-7:00 SWIM LESSONS 4:30-7:00			THERE MAY BE 1-3 LAP LANES USED FOR PROGRAMMING AT ANY GIVEN TIME	
LAP SWIM 5:30-8:30	LAP SWIM 7:00-8:30	LAP SWIM 7:00-8:30	LAP SWIM 7:00-8:30	LAP SWIM 5:15-8:30		



# MAIN LAP POOL ACTIVITY DESCRIPTIONS

## DEEP WATER AEROBICS

*Tuesdays, Wednesdays, and Thursdays 10 a.m.*

Give your joints and muscles a rest and join in on the deep water fun! This class promotes flexibility, muscle toning, proper breathing, and body alignment and appreciation. No swimming ability is required, but participants must be comfortable in deep water. Class will use Aqua-Joggers and foam barbells. Belts will be provided or you may bring your own.

## LONG REACH SWIM CLUB (LRSC)

Competitive youth swim team. Entire pool closed to anyone not pre-registered. For more info please reach out to [lrsc@bathymca.org](mailto:lrsc@bathymca.org).

## LRSC MASTERS

Achieve your swimming and fitness goals! Join us for expert on-deck coaching, technique instruction, camaraderie, and more! For ages 18+ For more info please reach out to [suzi@bathymca.org](mailto:suzi@bathymca.org).

## MER-PEOPLE

*Mondays, Wednesdays, and Fridays 10:45 a.m.*

This program is what exercise was meant to be. FUN! You won't even know you're working out when you're surrounded by water. This revitalizing hour of aerobic strength and stretch activities will keep you on your toes and on the move. Swimming skills are not necessary, entry ladders are provided, and it is not necessary to get your face wet. swimming skills are not necessary.

## SPLASHIIT

*Mondays, Wednesdays, and Fridays 12 p.m.*

This high intensity interval class works all muscle groups while still getting the low-impact benefit of water fitness. Be prepared to use various equipment as well as all depths of the pool for this 45-minute sweat. Basic swim skills preferred.

## WATER WALK

Enjoy walking for exercise in the pool in a variety of ways. A great low-impact full body workout!

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](http://bathymca.org/aquatics/pool-rules).