



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	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 2:30-4:30	
OPEN SWIM 4:30-5:30		OPEN SWIM 2:30-6:30				
LESSONS 5:30-7:00		SWIM LESSONS 6:30-7:30				
OPEN SWIM 7:00-7:30	OPEN SWIM 6:15-7:30		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](http://bathymca.org/aquatics/pool-rules).