



# BATH MAIN POOL SCHEDULE 11/20 - 2/25

Updated 1-11-24

MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY																							
Swim Lane								Swim Lane								Swim Lane								Swim Lane								Swim Lane								Swim Lane								Swim Lane																							
1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8																
Lap Swim 5:30 – 3pm								Lap Swim 5:30 – 3pm								Lap Swim 5:30 – 3pm								Lap Swim 5:30 – 3pm								Lap Swim 5:30 – 3pm								CLOSED								CLOSED																							
Mer-People 10:45 –12pm								Deep Water 10–11am								Deep Water 10–11am								Mer-People 10:45 –12pm								Mer-People 10:45 –12pm								Creative Works 9–10 am								Lap Swim 7:30 – 4:30pm								Lap Swim 9:30 – 2:30pm															
SPLASHIIT 12 – 1pm								Masters 12 – 1pm								SPLASHIIT 12 – 1pm								Masters 12 – 1pm								SPLASHIIT 12 – 1pm								Morse 10 – 11am								Lessons 9:15 – 12pm								Lessons 11:15 – 12pm								Water Walking 12:15 –1pm							
Brunswick 10:45 – 11:45								Woolwich 12:15 – 12:45pm								Pownal 1:30 – 2:15pm								Fisher Mitchell 9 – 9:45am								Morse 10 – 10:45am								Lessons 5:15 – 6:30pm								Lessons 5:15 – 6:30pm																							
LRSC 3 – 5:30pm								LRSC 3 –7pm								LRSC 3 – 5:15pm								LRSC 3 –7pm								LRSC 3 – 5:30pm								Lap Swim 5:30 – 8pm								Morse High 7–8pm								Morse High 7–8pm								Morse High 7–8pm							
Lap Swim 5:30 – 7pm								Lap Swim 5:30 – 8pm								Morse High 7–8pm								Lap Swim 7–8								Morse High 7–8pm								Morse High 7–8pm								Morse High 7–8pm																							
Lessons 6–8pm								Lap Swim 7–8								Morse High 7–8pm								Lap Swim 7–8								Morse High 7–8pm								Morse High 7–8pm								Morse High 7–8pm																							



# MAINE 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).