



BATH MAIN POOL SCHEDULE 2/26 - 4/7

Updated 2-26-24

MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY															
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								Deep Water 10-11am								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								Lessons 9:15 - 12pm								Lessons 11:15 - 12pm								Open Swim 9:30am - 2:30pm							
Brunswick 10:45 - 11:45								Lisbon 9:45 - 10:45am								Woolwich 12:15 - 12:45pm								Pownal 1:30 - 2:15pm								Lessons 11:15 - 12pm								Open Swim 12:30 - 4pm								CLOSED															
LRSC 3 - 5:30pm								LRSC 3 - 7pm								LRSC 3 - 5:15pm								LRSC 3 - 7pm								LRSC 3 - 5:30pm								Schedule may change. Please contact our Welcome Center at (207) 443-4112 to check availability.								Schedule may change. Please contact our Welcome Center at (207) 443-4112 to check availability.															
Lessons 6-8pm								Special Olympics 5:30 - 6:15pm								Lessons 5:15 - 6pm								Lap Swim 5:15-6								Special Olympics 5:15 - 6pm								Lap Swim 5:30 - 8pm								A parent/guardian is required to be in the water within arms length of any child 6 or younger.								A parent/guardian is required to remain in the pool area with any child under 13.							
Lap Swim 5:30 - 8pm								Lap Swim 7-8pm								LRSC 6-7pm								Lap Swim 7-8pm								Lap Swim 7-8pm								Children ages 7-12 are required to pass the swim test to use the deep end of the lap pool.								Children ages 7-12 are required to pass the swim test to use the deep end of the lap pool.															



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 lsc@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.

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.