



BATH I/T POOL SCHEDULE 11/20 - 2/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Swim 5:30-8	Open Swim 5:30-9:45	Open Swim 5:30-9:00	Open Swim 5:30-9:00	Open Swim 5:30-8:30	CLOSED	<div style="border: 1px dashed black; border-radius: 15px; padding: 10px; text-align: center;"> <p>Open Swim on weekends is dependent on party rentals - please call for availability.</p> </div>	
Strength & Balance 8-9					Open Swim 7:30-8		
Arthritis 9-10		Lisbon 9:45-10:45	Arthritis 9-9:45	Little School House 9-9:45	Lessons 8:30-9		Lessons 8-12:30
Open Swim 10-10:45	Enrichment (Hot Tub Closed) 9:45-11:45		Morse 9:45-11	Lessons 10-10:30	Open Swim 9:30-11		
Brunswick 10:45-11:45	Arthritis 11-12	Adult Water Wellness 11:45-1	Arthritis 11-12	Enrichment (Hot Tub Closed) 10:40-11:20	Rental 12:30-1:30		Rental 11-1
Adult Water Wellness 11:45-1	Adult Water Wellness 12-1		Adult Water Wellness 12-1	Adult Water Wellness 11:20-12			Open Swim 1-2:30
Open Swim 1-4 PM	MVPT 1-4	Open Swim 1-1:45	MVPT 1-4	Freeport 12-1	Adult Water Wellness 1:30-2:30		Open Swim 1-2:30
		Learning Land 1:45-2:30		Pathways 1-2			
Lessons 4-5:45	Lessons 4-6:15	Open Swim 2:30-4:15	Lessons 4-6:15	Open Swim 2-7	Open Swim 2:30-4:30	CLOSED	
		Lessons 4:15-5					
Open Swim 5:45-6:30	Open Swim 6:15-7	Lessons 5-6:15	Open Swim 6:15-7	Open Swim 6:15-7	Swim Meet Pool Area Closures	<p>Jan 12th Ellsworth @ Morse Main Pool closed @ 6:00pm</p> <p>Jan 19th Brunswick @ Morse Main Pool closed @ 6:00pm</p> <p>Jan 20th MMD @ LRSC Venues close @ 12:00pm</p> <p>Feb 3rd KVV @ LRSC Venues close @ 12:00pm</p> <p>Feb 9th KVAC Venues close @ 3:30pm</p> <p>Feb 10th KVAC Venues closed all day</p> <p>Feb 11th LRSC Tuffen Up Venues closed all day</p> <p>Feb 24th Festivus Venues close @ 12:00pm</p>	
Lessons 6:30-7		Lessons 6:15-7					
Adult Water Wellness 7-8	Adult Water Wellness 7-8	Adult Water Wellness 7-8	Adult Water Wellness 7-8	Adult Water Wellness 7-8			



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.

SCHOOL GROUP LESSONS

Activities in are private pool rentals. The pool to be closed to any additional members and/or guests.

Y ARTHRITIS*

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 polices prior to use, for the most up-to-date version please visit bathymca.org/aquatics/pool-rules.