



BATH MAIN POOL SCHEDULE MAY 6 – JUNE 16

Updated 5 - 6 - 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															
																																																								Water in Motion 11 – 12pm							
Water Circuit 12 – 1pm								Masters 12 – 1pm								Masters 12 – 1pm								Masters 12 – 1pm								Masters 12 – 1pm								Lessons 9:15 – 1pm								Lap Swim 9:30 – 2:30pm								Open Swim 9:30am – 2:30pm							
LRSC 3 – 5:30pm								LRSC 3 – 5:15pm								LRSC 3 – 5:15pm								LRSC 3 – 5:15pm								LRSC 3 – 5:30pm								LRSC 3 – 5:30pm								Schedule may change. Please contact our Welcome Center at (207) 443-4112 to check availability. 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. Children ages 7-12 are required to pass the swim test to use the deep end of the lap pool.															
																																																								Lessons 6-8pm							
Lap Swim 5:30 – 8pm								Lap Swim 5:15 – 6pm								Lap Swim 5:15 – 6pm								Lap Swim 5:15 – 6pm								Lap Swim 5:15 – 6pm								Lap Swim 5:15 – 6pm								Lap Swim 5:15 – 6pm															
Lap Swim 7-8								Lap Swim 7-8								Lap Swim 7-8pm								Lap Swim 7-8								Lap Swim 7-8								Lap Swim 7-8																							



MAINE LAP POOL ACTIVITY DESCRIPTIONS

DEEP WATER AEROBICS

This zero impact, deep water class promotes strength, core and cardio. No swimming ability is required but participants must be comfortable in deep water. Class will use Water exercise belts for flotation. This class is offered in 3 different intensities: Low (Tuesday), Intermediate (Wednesday) and High (Thursday).

LONG REACH SWIM CLUB (LRSC)

Competitive youth swim team. Entire pool closed to anyone not pre-registered. For more info please reach out to lpsc@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.

WATER IN MOTION

Water in Motion is a nationally recognized program that provides a total body class that offers the benefit of an intermediate intensity, calorie-burning workout without the pull that gravity delivers on the body. Experience the cross-training effects that water provides reducing the impact on your joints, specifically, the knees and back. The class incorporates engaging choreography to upbeat music for a fun and engaging workout.

WATER CIRCUIT

This intermediate intensity class incorporates a full body workout using a variety of equipment. Basic swimming skills preferred.

SPLASH & DASH

Jumpstart your morning with this early morning lap/exercise program.

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.