



# 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																																
<b>Lap Swim</b> 5:30 - 3pm  Water in Motion 11-12pm Water Circuit 12 - 1pm								<b>Lap Swim</b> 5:30 - 3pm  Splash & Dash 7-8am  Deep Water 10-11am  Masters 12 - 1pm								<b>Lap Swim</b> 5:30 - 3pm  Deep Water 10-11am  Water in Motion 11-12pm								<b>Lap Swim</b> 5:30 - 3pm  Splash & Dash 7-8am  Deep Water 10-11am  Masters 12 - 1pm  Pownal 1:30 - 2:15pm								<b>Lap Swim</b> 5:30 - 3pm  Water in Motion 11-12pm								CLOSED  <b>Lap Swim</b> 7:30 - 4:30pm  Lessons 9:15 - 1pm  Lessons 11:15 - 1pm  Open Swim 1-4pm								CLOSED  <b>Lap Swim</b> 9:30 - 2:30pm  Open Swim 9:30am - 2:30pm  CLOSED																																							
																																																								Brunswick 10:45 - 11:45								Fisher Mitchell 9-9:45am Lisbon 9:45-10:45am Woodwich 12:15-12:45pm								Fisher Mitchell 9-9:45am Morse 9:45-10:45am								Morse 10-11am							
																																																								LRSC 3 - 5:30pm								LRSC 3 - 6:15pm								LRSC 3 - 5:15pm								LRSC 3 - 7pm							
Lessons 6-8pm								Special Olympics 5:30 - 6:15pm								Lessons 5:15 - 6pm Lap Swim 5:15 - 6pm LRSC 6 - 7pm								Special Olympics 5:15 - 6pm								Lap Swim 5:30 - 8pm								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.																																															
Lap Swim 5:30 - 8pm								Lap Swim 7-8								Lap Swim 7-8pm								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](mailto: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](mailto: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](http://bathymca.org/aquatics/pool-rules).