



BATH MAIN POOL SCHEDULE JUNE 17 – JULY 22

Updated 6 - 28 - 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 - 9am								Lap Swim 5:30 - 9am Splash & Dash 7-8am Camp Lessons 8-9am								Lap Swim 5:30 - 9am Camp Lessons 8-9am								Lap Swim 5:30 - 9am Splash & Dash 7-8am Camp Lessons 8-9am								Lap Swim 5:30 - 9am Camp Lessons 8-9am								CLOSED								CLOSED							
LRSC 9 - 10am								LRSC 9 - 10am								LRSC 9 - 10am								LRSC 9 - 10am								LRSC 9 - 10am								Lap Swim 7:30 - 4:30pm								Lap Swim 9:30 - 2:30pm							
Open Swim 10 - 11								Deep Water 10-11am								Deep Water self-guided 10-11am								Deep Water 10-11am								Open Swim 10 - 11								Lessons 9:15 - 1pm								Open Swim 9:30am - 2:30pm							
Mer-people self-guided 11-12pm								Water in Motion 11-12pm								Mer-people self-guided 11-12pm								Water in Motion 11-12pm								Mer-people self-guided 11-12pm								Lessons 11:15 - 1pm								CLOSED							
Water Circuit 12 - 1pm								Open Swim 12-1pm								Open Swim 12-1pm								Masters 12 - 1pm								Open Swim 12-1pm								Lessons 1-4pm								CLOSED							
Y Summer Camp 1 - 3pm								Y Summer Camp 1 - 3pm								Y Summer Camp 1 - 3pm								Open Swim 12-3pm								Lap Swim 10am - 4:30pm								Bath Rec Summer Camp 1 - 3pm								Lap Swim 10am - 8pm							
Lap Swim 10am - 6pm								Lap Swim 10am - 4:30pm								Lap Swim 10am - 4:30pm								Lap Swim 10am - 4:30pm								Lap Swim 10am - 8pm								Lap Swim 10am - 8pm															
Open Swim 3:15 - 5pm								LRSC 4:30 - 5:15pm								LRSC 4:30 - 5:15pm								LRSC 4:30 - 5:15pm								Open Swim 3:30 - 7pm								Open Swim 3:30 - 7pm															
Lessons 5:15 - 6pm								Lessons 5:15 - 6pm								Lessons 5:15 - 6pm								Lessons 5:15 - 6pm								Lessons 5:15 - 6pm								Lessons 5:15 - 6pm															
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LRSC 6 - 7pm								LRSC 6 - 7pm								LRSC 6 - 7pm								LRSC 6 - 7pm								LRSC 6 - 7pm								LRSC 6 - 7pm															
Lessons 7:15 - 8pm								Lap Swim 7-8								Lap Swim 7-8pm								Lap Swim 7-8								Lap Swim 7-8								Lap Swim 7-8															
Lap Swim 7 - 8pm								Lap Swim 7-8								Lap Swim 7-8pm								Lap Swim 7-8								Lap Swim 7-8								Lap Swim 7-8															

Schedule may change. Please contact our Welcome Center at (207) 443-4112 to check availability. Lane lines may be adjusted 5 minutes before or after classes to allow for a smooth transition of activities.

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.



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.

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.

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 (self guided)

A self-guided group exercise space for low-impact water aerobics and stretching. Swimming skills are not necessary, entry ladders are provided, and it is not necessary to get your face wet.

SPLASH & DASH

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

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.

All group exercise classes are free for members unless stated otherwise. Exercises classes denoted as "self-guided" do not have an instructor present. Please review all pool rules and policies prior to use, for the most up-to-date version please visit bathymca.org/aquatics/pool-rules.