



BATH I/T POOL SCHEDULE JUNE 17 – JULY 21

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5:30 - 8am	Open Swim 5:30 - 8:45am	Open Swim 5:30 - 8:45 am	Open Swim 5:30 - 8:45am	Open Swim 5:30 - 8:30am	CLOSED	CLOSED
Strength & Balance 8 - 8:45am				Lessons 8:30 - 9am	Open Swim 7:30-8am	
Gentle Joints 9 - 9:45am	Lessons 8:45 - 9:30am	Lessons 8:45 - 9:30am	Lessons 8:45 - 9:30am	Open Swim 9 - 11am	Lessons 8 - 12:30pm	Open Swim 9:30 - 11am
Open Swim 9:45 - 11am	Open Swim 9:30 - 11am	Open Swim 9:30 - 11am	Open Swim 9:30 - 11am			
Adult Water Wellness 11am - 1pm	Gentle Joints 11 - 12pm	Hot Tub closed for maintenance 9-12pm	Adult Water Wellness 11 - 1pm	Adult Water Wellness 11 - 1pm		Rental 11 - 1pm
	Adult Water Wellness 12 - 1pm		Gentle Joints 11 - 12pm	Adult Water Wellness 12 - 1pm		
Open Swim 1 - 4:15pm	MVPT 1 - 4pm	Open Swim 1- 4:15pm	MVPT 1 - 4pm	Open Swim 1 - 7pm	Rental 12:30 - 1:30pm	Open Swim 1 - 2:30pm
					Adult Water Wellness 1:30 - 2:30pm	
Lessons 4:30 - 5:15pm	Open Swim 4 - 5:45pm	Lessons 4:15 - 5:15pm	Open Swim 4 - 5:45pm			Open Swim 2:30 - 4:30pm
Open Swim 5:15- 6:30pm	Lessons 6 - 6:45pm	Open Swim 5:15 - 6:30pm	Lessons 6 - 6:45pm			
Lessons 6:30 - 7pm		Lessons 6:30 - 7pm				
Adult Water Wellness 7 - 8pm	Adult Water Wellness 6:45 - 8pm	Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm		

Open Swim on weekends is dependent on party rentals - please call for availability.



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

Join us in our warm Instructional/Therapy pool for this low impact class that uses basic movements and gentle exercise to increase your strength and improve overall balance.

RENTALS

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

GENTLE JOINTS

This low impact class provides a steady workout incorporating movements designed to encourage range of motion and increase flexibility. This class is taught in our warmer I/T pool and swimming skills are not necessary.

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.