BATH MAIN POOL SCHEDULE JULY 30 – AUGUST 31

Updated 7 - 28 - 24

MONDAY

Swim Lane: 1 2 3 4 5 6 7 8

- Lap Swim 5:30am – 8pm
- Camp Lessons 8–9am
- Lessons 9–9:45am
- Open Swim 10 – 12:30PM
- Mer-people self-guided 11 –12pm
- Water Circuit 12 – 1pm
- Y Summer Camp 1 – 3pm
- Open Swim 3:15 – 5pm
- Lessons 5:15 – 6pm
- Lessons 7:15 – 8pm

TUESDAY

Swim Lane: 1 2 3 4 5 6 7 8

- Lap Swim 5:30am – 8pm
- Splash & Dash 7–8am
- Camp Lessons 8–9am
- Lessons 9–9:45am
- Deep Water 10–11am
- Water in Motion 11 –12pm
- Open Swim 10 – 12:30PM
- Masters 12 – 1pm
- Y Summer Camp 1 – 3pm
- Open Swim 3:15 – 5pm
- Lessons 5:15 – 6pm

WEDNESDAY

Swim Lane: 1 2 3 4 5 6 7 8

- Lap Swim 5:30am – 8pm
- Camp Lessons 8–9am
- Lessons 9–9:45am
- Deep Water self-guided 10–11am
- Mer-people self-guided 11 –12pm
- Open Swim 10 – 12:30PM
- Y Summer Camp 1 – 3pm
- Open Swim 3:15 – 5pm
- Lessons 5:15 – 6pm

THURSDAY

Swim Lane: 1 2 3 4 5 6 7 8

- Lap Swim 5:30am – 8pm
- Splash & Dash 7–8am
- Camp Lessons 8–9am
- Lessons 9–9:45am
- Deep Water 10–11am
- Water in Motion 11 –12pm
- Masters 12 – 1pm
- Open Swim 10 – 12:30PM
- Open Swim 3:15 – 5pm
- Lessons 5:15 – 6pm

FRIDAY

Swim Lane: 1 2 3 4 5 6 7 8

- Lap Swim 5:30am – 8pm
- Camp Lessons 8–9am
- Lessons 9–9:45am
- Mer-people self-guided 11 –12pm
- Bath Rec Summer Camp 12 – 2pm
- Open Swim 10 – 12:30PM
- Open Swim 2 – 7pm

SATURDAY

Swim Lane: 1 2 3 4 5 6 7 8

- CLOSED
- Lap Swim 7:30 – 4:30pm
- Lessons 9:15 – 1pm
- Lessons 11:15 – 1pm
- Open Swim 1 – 4:30pm

SUNDAY

Swim Lane: 1 2 3 4 5 6 7 8

- CLOSED
- Lap Swim 9:30 – 2:30pm
- Open Swim 9:30am – 2:30pm
- CLOSED

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