



# BATH MAIN POOL SCHEDULE WEEK OF AUGUST 5

Updated 7 - 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 5:30am - 8pm								Lap Swim 5:30am - 8pm								Lap Swim 5:30am - 8pm								Lap Swim 5:30am - 8pm								Lap Swim 5:30am - 8pm								CLOSED								CLOSED															
								Splash & Dash 7-8am																Splash & Dash 7-8am																																							
Camp Lessons 8-9am								Camp Lessons 8-9am								Camp Lessons 8-9am								Camp Lessons 8-9am								Camp Lessons 8-9am																															
								LRSC Swim Camp 9 - 11am								LRSC Swim Camp 9 - 11am								LRSC Swim Camp 9 - 11am								LRSC Swim Camp 9 - 11am																															
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																															
Water Circuit 12 - 1pm								Y Summer Camp 11- 1pm								Masters 12 - 1pm								Y Summer Camp 11- 1pm								Bath Rec Summer Camp 11 - 1pm								Masters 12 - 1pm																							
Y Summer Camp 1 - 3pm								LRSC Swim Camp 1 - 3pm								LRSC Swim Camp 1 - 3pm								LRSC Swim Camp 1 - 3pm								LRSC Swim Camp 1 - 3pm																															
Open Swim 3:15 - 5pm								Open Swim 3:15 - 5pm								Open Swim 3:15 - 5pm								Open Swim 3:15 - 5pm								Open Swim 3:15 - 5pm																															
								Lessons 5:15 - 6pm																Lessons 5:15 - 6pm																																							
Lessons 7:15 - 8pm																																																															
																																								Lap Swim 7:30 - 4:30pm								Lap Swim 9:30 - 2:30pm															
																																Lessons 9:15 - 1pm								Open Swim 9:30am - 2:30pm																							
																																								Lessons 11:15 - 1pm								Open Swim 1 - 4:30pm															
																																																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.															



# MAIN 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](mailto: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](mailto: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](http://bathymca.org/aquatics/pool-rules).