



BATH I/T POOL SCHEDULE WEEK OF SEP. 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CLOSED FOR LABOR DAY	CLOSED	Open Swim 5:30 - 11 am	CLOSED	Open Swim 5:30 - 11am	CLOSED	CLOSED
	Open Swim 9 - 11am		Open Swim 7 - 11am		Open Swim 8am - 12pm	
	Gentle Joints 11 - 12pm	Hot Tub closed for maintenance 10am-12pm	Gentle Joints 11 - 12pm			Adult Water Wellness 11 - 1pm
	Adult Water Wellness 12 - 1pm		Adult Water Wellness 12 - 1pm	Open Swim 1 - 2:30pm		
	MVPT 1 - 4pm	Open Swim 1- 7pm	MVPT 1 - 4pm	Open Swim 1 - 5pm	CLOSED	CLOSED
	Open Swim 4 - 6pm		Open Swim 4 - 6pm			
	Adult Water Wellness 6 - 7pm		Adult Water Wellness 6 - 7pm		CLOSED	
	CLOSED	Adult Water Wellness 7 - 8pm	CLOSED			

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.