



BATH I/T POOL SCHEDULE NOVEMBER

Updated 10 - 25 - 24

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|-------------------------------------|----------------------------------|-------------------------------------|-----------------------------------|---|---|---|----------------------------|
| Open Swim 5:30 - 8am | Open Swim 5:30 - 9:30am | Open Swim 5:30 - 9am | Open Swim 5:30 - 9am | Open Swim 5:30 - 8:30am | CLOSED | CLOSED | |
| Strength & Balance 8 - 9am | | Gentle Joints 9 - 10am | Little School House 9 - 9:45am | Lessons 8:30 - 9am | | | Open Swim 7:30-8am |
| Open Swim 10 - 10:45am | | | | Lisbon 9:30 - 10:45am | Enrichment (Hot Tub Closed) 9:45 - 11:45am | Open Swim 9:45 - 11am | Lessons 8 - 12:30pm |
| Brunswick 10:45 - 11:45am | Gentle Joints 11 - 12pm | Adult Water Wellness 11:45 - 1pm | Gentle Joints 11 - 12pm | Enrichment (Hot Tub Closed) 10:30 - 11:20 am | Rental 11 - 1pm To inquire about pool rentals, contact Eddie Newell at eddie@bathymca.org . | Rental 11 - 1pm To inquire about pool rentals, contact Eddie Newell at eddie@bathymca.org . | |
| Adult Water Wellness 11:45 - 1pm | Adult Water Wellness 12 - 1pm | Adult Water Wellness 11:45 - 1pm | Adult Water Wellness 12 - 1pm | Adult Water Wellness 11:20 - 12pm | | | Freeport 12 - 1pm |
| Open Swim 1 - 3:30pm | MVPT 1 - 4pm | Open Swim 1- 1:45pm | MVPT 1 - 4pm | Pathways 1 - 2pm | | | Rental 12:30 - 1:30pm |
| Brightfield 3:30 - 4:30pm | Lessons 4 - 5:30pm | Learning Land 1:45 - 2:30pm | Lessons 4 - 5:30pm | Open Swim 2 - 6pm | Adult Water Wellness 1:30 - 2:30pm | Open Swim 2:30 - 4:30pm | |
| Lessons 4:45 - 5:30pm | | Open Swim 2:30 - 4:30pm | | | Lessons 4:30 - 6pm | | Open Swim 2:30 - 4:30pm |
| Open Swim 5:30 - 6:30pm | Open Swim 5:30 - 7pm | Open Swim 6:15 - 7pm | Open Swim 5:30 - 6:15pm | | Adult Water Wellness 6 - 7pm | | Open Swim 2:30 - 4:30pm |
| Lessons 6:30 - 7pm | | Adult Water Wellness 7 - 8pm | Adult Water Wellness 7 - 8pm | Adult Water Wellness 6 - 7pm | Adult Water Wellness 6 - 7pm | | |
| Adult Water Wellness 7:10 - 8pm | Adult Water Wellness 7 - 8pm | Adult Water Wellness 7 - 8pm | CLOSED | CLOSED | | | |

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

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.



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

Mondays 8 a.m.

Join us in our Instructional/Therapy Pool for this class that uses basic movements and gentle exercises to increase your strength and improve overall balance.

SCHOOL GROUP LESSONS

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

GENTLE JOINTS

Our trained arthritis instructors provide a steady workout, incorporating movements designed to encourage range of motion and increased flexibility. The class is held 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.