



# BATH I/T POOL SCHEDULE OCTOBER

Updated 10 - 1 - 24

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5:30 - 8am	Open Swim 5:30 - 9:45am	Open Swim 5:30 - 9:45 am	Open Swim 5:30 - 9am	Open Swim 5:30 - 8:30am	CLOSED	CLOSED
Strength & Balance 8 - 9am					Open Swim 7:30-8am	
Gentle Joints 9 - 10am					Lessons 8 - 12:30pm	
Open Swim 10 - 10:45am	Lessons 8 - 12:30pm	Open Swim 9:30 - 11am				
Brunswick 10:45 - 11:45am	Lisbon 9:45 - 10:45am	Enrichment (Hot Tub Closed) 9:45 - 11:45am	Open Swim 9:45 - 11am	Lessons 9:45-10:30am	Lessons 8 - 12:30pm	Open Swim 9:30 - 11am
Adult Water Wellness 11:45 - 1pm	Gentle Joints 11 - 12pm		Gentle Joints 11 - 12pm	Enrichment (Hot Tub Closed) 10:30 - 11:20 am		
Open Swim 1 - 4:30pm	MVPT 1 - 4pm	Open Swim 1- 1:45pm	MVPT 1 - 4pm	Freeport 12 - 1pm		
Lessons 4:45 - 5:30pm		Learning Land 1:45 - 2:30pm		Pathways 1 - 2pm	Rental 12:30 - 1:30pm	Adult Water Wellness 1:30 - 2:30pm
Open Swim 5:30 - 6:30pm	Lessons 4 - 5:30pm	Open Swim 2:30 - 4:30pm	Open Swim 2 - 6pm	Open Swim 2 - 6pm	Open Swim 2:30 - 4:30pm	Open Swim 1 - 2:30pm
Lessons 6:30 - 7pm		Open Swim 6:15 - 7pm				
Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm	Lessons 4:30 - 6pm	Adult Water Wellness 6 -7pm	Adult Water Wellness 6 -7pm	Open Swim 2:30 - 4:30pm	Open Swim 1 - 2:30pm
Adult Water Wellness 7 - 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](http://bathymca.org/aquatics/pool-rules).