



# BATH MAIN POOL SCHEDULE OCTOBER

Updated 10 - 1 - 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 - 3pm								Lap Swim 5:30am - 3pm								Lap Swim 5:30am - 3pm								Lap Swim 5:30am - 3pm								Lap Swim 5:30am - 3pm								CLOSED								CLOSED															
																																																								Water in Motion 11 - 12pm							
Water Circuit 12 - 1pm								Deep Water self-guided 10-11am								Deep Water self-guided 10-11am								Deep Water self-guided 10-11am								Deep Water self-guided 10-11am								Lap Swim 7:30 - 4:30pm								Lap Swim 9:30 - 2:30pm															
																																																								LRSC 3 - 5:30pm							
Lessons 5:30 - 8pm								Special Olympics 5:30 - 6:30pm								Lap Swim 5:30 - 8pm								Open Swim 8 - 11am								Open Swim 12 - 3pm								Open Swim 12 - 4:30pm								Open Swim 9:30am - 2:30pm															
																																																								Lap Swim 7 - 8pm							
Lap Swim 7 - 8pm								Lap Swim 5:15am - 6pm								Special Olympics 5:15 - 6pm								Special Olympics 5:15 - 6pm								Snail Darters 5:15 - 6pm								Lap Swim 5:30 - 7pm								A parent/guardian is required to be in the water within arms length of any child 6 or younger.															
																																																								Lap Swim 7 - 8pm							
Lap Swim 7 - 8pm								LRSC 6 - 7pm								LRSC 7 - 8pm								CLOSED								CLOSED								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).