



BATH MAIN POOL JANUARY SCHEDULE

Updated 1/3/25

Swim Lane							Swim Lane							Swim Lane							Swim Lane							Swim Lane							Swim Lane																				
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7														
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 self-guided 11 - 12pm							Splash & Dash 7 - 8am							Deep Water self-guided 10 - 11am							Water in Motion self-guided 11 - 12pm							Water in Motion self-guided 11 - 12pm							Lap Swim 7:30am - 4:30pm							CLOSED						
							Water Circuit with Sarah 12 - 1pm							Brunswick 10:45-11:45am							Deep Water self-guided 10 - 11am							Water Circuit with Sarah 12 - 1pm							Masters 12-1pm							Lessons 9:15am - 12:15pm							Open Swim 9:30am - 2:30pm						
							Lap Swim 5:30 - 7pm							Masters 6 - 7am							Water in Motion self-guided 10 - 11am							Masters 6 - 7am							Open Swim 8 - 11am							Open Swim 1 - 3pm							Lap Swim 9:30am - 2:30pm						
LRSC 3 - 5:30pm							LRSC 3 - 7pm							LRSC 3 - 5:15pm							LRSC 3 - 7pm							LRSC 3 - 5:30pm							LRSC 3 - 5:30pm							LRSC 3 - 5:30pm							LRSC 3 - 5:30pm						
Lessons 5:30 - 8pm							Special Olympics 5:30 - 6pm							Lessons 5:15 - 6pm							Special Olympics 5:30 - 6pm							Special Olympics 5:15 - 6pm							Special Olympics 5:15 - 6pm							Special Olympics 5:15 - 6pm							Special Olympics 5:15 - 6pm						
Morse High School 7 - 8pm							Lap Swim 7-8pm							Morse High School 7 - 8pm							Lap Swim 7-8pm							Morse High School 7 - 8pm							Lap Swim 7-8pm							Morse High School 7 - 8pm							Morse High School 7 - 8pm						

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.

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.

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.