

MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY																							
Swim Lane								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																							
																																																								Splash & Dash 7 – 8am								Splash & Dash 7 – 8am							
								Deep Water self-guided 10 – 11am																Deep Water self-guided 10 – 11am																Deep Water self-guided 10 – 11am																Lessons 9:15am – 11:30am								Lessons 10-11:30am							
								Water in Motion self-guided 11 – 12pm																Water in Motion self-guided 11 – 12pm																Water in Motion self-guided 11 – 12pm																Water Circuit with Sarah 12 – 1pm								Open Swim 1:30 – 4:30pm							
Brunswick 10:45-11:45am								Masters 12-1pm								Masters 12-1pm								Powell 1:30-2:15pm								Open Swim 1-3pm								Open Swim 9:30am – 2:30pm								CLOSED																							
LRSC 3 – 5:30pm								LRSC 3 – 5:15pm								LRSC 3 – 5:15pm								LRSC 3 – 7pm								LRSC 3 – 5:30pm								<div>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.</div> <div>A parent/guardian is required to be in the water within arms length of any child 6 or younger.</div> <div>A parent/guardian is required to remain in the pool area with any child under 13.</div> <div>Children ages 7-12 are required to pass the swim test to use the deep end of the lap pool.</div>																															
Lessons 5:30 – 7pm				Lap Swim 5:30 – 8pm				Lessons 5:15 – 6pm				Lap Swim 5:15-6pm				Lessons 5:15 – 6pm				Lap Swim 5:15-6pm				Lap Swim 5:30 – 8pm																																															
LRSC 6 – 7pm								LRSC 6 – 7pm								LRSC 6 – 7pm								Lap Swim 7 – 8pm																																															
Lap Swim 7 – 8pm								Lap Swim 7 – 8pm								Lap Swim 7 – 8pm								Lap Swim 7 – 8pm																																															



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.