



# BATH MAIN POOL EARLY SUMMER SCHEDULE

Updated 7/14/25

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 5:30 - 9am								Lap Swim 5:30 - 9am								Lap Swim 5:30 - 9am								Lap Swim 5:30 - 9am								Lap Swim 5:30 - 9am								CLOSED								CLOSED															
								Masters 6-7am																Masters 6-7am																																							
								Splash & Dash 7-8am																Splash & Dash 7-8am																Lap Swim 7:30am - 4:30pm																							
Camp Lessons 8-8:45am								Camp Lessons 8-8:45am								Camp Lessons 8-8:45am								Camp Lessons 8-8:45am								Camp Lessons 8-8:45am																															
Lessons 8:50 - 9:30am								Lessons 8:50 - 9:30am								Lessons 8:50 - 9:30am								Lessons 8:50 - 9:30am								Lessons 8:50 - 9:30am								Lessons 9:15am - 11:30am								Lessons 10-11:30am															
LRSC 9:30 - 10:30am								LRSC 9:30 - 10:30am								LRSC 9:30 - 10:30am								LRSC 9:30 - 10:30am								LRSC 9:30 - 10:30am								Lessons 9:15am - 11:30am								Lessons 10-11:30am															
Water in Motion self-guided 11-12pm								Deep Water self-guided 10:30-11:30pm								Deep Water self-guided 10:30-11:30pm								Deep Water self-guided 10:30-11:30pm								Water in Motion self-guided 11-12pm								Lessons 9:15am - 11:30am								Lessons 10-11:30am															
Water Circuit 12-1pm								Masters 12-1pm								Water in Motion self-guided 11-12pm								Masters 12-1pm								Water Circuit 12-1pm								Open Swim 1:30 - 4:30pm								Open Swim 1:30 - 4:30pm															
Y Summer Camp 1-3pm								Y Summer Camp 1-3pm								Y Summer Camp 1-3pm								Y Summer Camp 1-3pm								Bath Rec Camp 1-3pm								Open Swim 1:30 - 4:30pm								Open Swim 1:30 - 4:30pm															
Lap Swim 10:30 - 6pm								Lap Swim 10:30 - 4:30pm								Lap Swim 10:30 - 4:30pm								Lap Swim 10:30 - 4:30pm																Lap Swim 9:30am - 2:30pm								Lap Swim 9:30am - 2:30pm															
Open Swim 3:15 - 5pm								Open Swim 3:15 - 4:30pm								Open Swim 3:15 - 4:30pm								Open Swim 3:15 - 4:30pm								Open Swim 3:15 - 8pm								Open Swim 3:15 - 8pm								Open Swim 9:30am - 2:30pm								Open Swim 9:30am - 2:30pm							
								LRSC 4:30 - 5:15pm								LRSC 4:30 - 5:15pm								LRSC 4:30 - 5:15pm																Open Swim 9:30am - 2:30pm								Open Swim 9:30am - 2:30pm															
Lessons 5:15-6								Lessons 5:15-6								Lessons 5:15-6								Lessons 5:15-6								Lessons 5:15-6								Lessons 5:15-6								Lessons 5:15-6								Lessons 5:15-6							
LRSC 6-7pm								LRSC 6-7pm								LRSC 6-7pm								LRSC 6-7pm								LRSC 6-7pm								Lessons 5:15-6								Lessons 5:15-6															
Lap Swim 7-8pm								Lap Swim 7-8pm								Lap Swim 7-8pm								Lap Swim 7-8pm								Lap Swim 7-8pm								Lessons 5:15-6								Lessons 5:15-6															

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 7 or younger.

Ages 8 - 17 may swim independently upon completion of a swim test. A parent/guardian is still required to remain in the pool area with any child under 11.



# 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).

## **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 polices prior to use, for the most up-to-date version please visit [bathymca.org/aquatics/pool-rules](http://bathymca.org/aquatics/pool-rules).