



# BATH I/T SUMMER SCHEDULE

Updated 6/20/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5:30 - 8am	Open Swim 5:30 - 9:45am	Open Swim 5:30 - 8am	Open Swim 5:30 - 9:45am	Open Swim 5:30 - 8:30am	CLOSED	CLOSED
Strength & Balance 8 - 9am		Strength & Balance 8 - 9am		Lessons 8:30 - 10:30am	Open Swim 7:30-8am	Lessons 8 - 12:30pm
Gentle Joints 9 - 9:45am		Gentle Joints 9 - 9:45am			Adult Water Wellness 10:30 - 1pm	
Lessons 9:45 - 10:30am	Lessons 9:45 - 10:30am	Lessons 9:45 - 10:30am	Adult Water Wellness 10:30 - 1pm	Open Swim 9:30 - 11am		
Open Swim 10:30 - 11:45am	Active Joints 11 - 12pm	K Camp (Hot Tub closed) 10:45 - 11:45am	Active Joints 11 - 12pm	Open Swim 1 - 8pm	*Open Swim/Rental 12:30 - 1:30pm	*Open Swim/ Rental 11 - 1pm To inquire about pool rentals, contact Sponge Savage at sponge@bathymca.org
Adult Water Wellness 11:45 - 1pm	Adult Water Wellness 12 - 1pm	Adult Water Wellness 12 - 1pm	Adult Water Wellness 12 - 1pm			
Open Swim 1 - 4pm  (Hot Tub Closed 2:30-4:30pm)	MVPT 1 - 4pm	Open Swim 1 - 4:30pm	MVPT 1 - 4pm  (Hot Tub closed 2:30-4:30pm)		Open Swim 1 - 8pm	Open Swim 2:30 - 4:30pm
Lessons 4 - 6pm	Lessons 4 - 5:30pm	Lessons 4:30 - 6pm	Lessons 4 - 5:30pm	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.		
	Open Swim 5:30 - 7pm		Open Swim 5:30 - 7pm			
Open Swim 6-7pm	Adult Water Wellness 7 - 8pm	Open Swim 6 - 7pm	Adult Water Wellness 7 - 8pm			
Adult Water Wellness 7 - 8pm		Adult Water Wellness 7 - 8pm				



# 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.

## ACTIVE JOINTS

Our trained arthritis instructors provide a steady workout, incorporating movements designed to encourage range of motion and increased flexibility. This class is for participants who have a greater range of movement and enjoy a more active class.

All group exercise classes are free for members unless stated otherwise. 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).