

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

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.

MER-PEOPLE

This class will keep you on your toes and on the move! Join us for a revitalizing hour of aerobic, strengthening, and stretching activities. Treat yourself to new energy and new friends as you tone, shape, and firm. Easy entry stairs are provided for getting in and out of the pool. Swimming skills are not necessary, and it is not necessary to get your face wet.

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.