



# BATH MAIN POOL SCHEDULE (AUG 11 - 24)

Updated 8/11/25

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 - 8pm								Lap Swim 5:30 - 8pm								Lap Swim 5:30 - 8pm								Lap Swim 5:30 - 8pm								Lap Swim 5:30 - 8pm								CLOSED								CLOSED															
								Masters 6-7am																Masters 6-7am																CLOSED								CLOSED															
								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 9:30am - 2:30pm															
								Deep Water self-guided 10-11am								Deep Water self-guided 10-11am								Deep Water self-guided 10-11am																Lessons 10-11:30am								Open Swim 9:30am - 2:30pm															
Mer-people self-guided 11-12pm																Mer-people self-guided 11-12pm																Mer-people self-guided 11-12pm																Open Swim 9:30am - 2:30pm								Lap Swim 9:30am - 2:30pm							
Water Circuit 12-1pm								Masters 12-1pm																Masters 12-1pm																Open Swim 1:30 - 4:30pm								CLOSED															
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 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 - 8pm								Lessons 5:15 - 6								Lessons 5:15 - 6								Lessons 5:15 - 6								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.

## **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](http://bathymca.org/aquatics/pool-rules).