BATH I/T FALL SCHEDULE

Updated 9/22/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5:30 - 8am	Open Swim 5:30 - 9:30am	Open Swim 5:30 - 8am	Open Swim 5:30 - 9am	Open Swim 5:30 - 8am	CLOSED	CLOSED
					Open Swim 7:30-8am	
Strength & Balance 8 - 9am		Strength & Balance 8 - 9am		Adult Water Wellness 8-9am	Lessons 8am-12:30pm	
Gentle Joints 9 - 10am	Lisbon 9:30 - 10:30am	Gentle Joints 9 - 10am	Little Schoolhouse 9-9:45am	Little Schoolhouse 9-9:45am		Open Swim 9:30 - 11am
Open Swim 5:30 - 8am		Enrichment (Hot tub closed) 9:45-11:45am	Open Swim 9:45-10:45am	Lessons 9:45-10:30am		
Brunswick 10:45-11:45am	Active Joints 11-12pm		Active Joints 11-12pm	Enrichment (Hot tub closed) 10:45 - 12pm		*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	Freeport 12-1pm	*Open Swim/Rental 12:30 - 1:30pm	
Open Swim 1-4:45pm	MVPT 1-4pm	Open Swim 1-1:45pm	MVPT 1-4pm	Clarvida (formerly Pathways) 1-2pm	Adult Water Wellness 1:30 - 2:30pm	Open Swim 1 - 2:30pm
		Learning Land 1:45 - 2:30pm		Adult Water Wellness 2-3pm		
	Lessons 4-5:30pm	Open Swim 2:30-4:30pm	Lessons 4-6:15pm		Open Swim 2:30 - 4:30pm	
Lessons 4:45-6pm		Lessons 4:30-6pm		Open Swim 3-8pm		
Open Swim 6-7pm	Open Swim 5:30-7pm	Open Swim 6-7pm	Open Swim 6-7pm			
Adult Water Wellness 7-8pm	Adult Water Wellness 7-8pm	Adult Water Wellness 7-8pm	Adult Water Wellness 7-8pm			

*Open Swim on weekends is dependent on party rentals - please call for availability.

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.

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 polices prior to use, for the most up-to-date version please visit bathymca.org/aquatics/pool-rules.