



BATH I/T FALL SCHEDULE

Updated 9/8/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Open Swim 5:30 - 8am	Open Swim 5:30 - 11am	Open Swim 5:30 - 8am	Open Swim 5:30 - 11am	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	Open Swim 9:30 - 11am
Gentle Joints 9 - 10am		Gentle Joints 9 - 9:45am		Adult Water Wellness 10:30 - 1pm	*Open Swim/Rental 12:30 - 1:30pm		Open Swim 9:30 - 11am
Open Swim 10 - 12pm		Open Swim 9:45 - 10:45am		Adult Water Wellness 12 - 1pm			Open Swim 11 - 1pm
Adult Water Wellness 12 - 1pm	Active Joints 11 - 12pm	Enrichment (Hot Tub closed) 10:45 - 11:45am	Active Joints 11 - 12pm	Adult Water Wellness 10:30 - 1pm	Adult Water Wellness 12 - 1pm	*Open Swim/ Rental 11 - 1pm To inquire about pool rentals, contact Sponge Savage at sponge@bathymca.org	
Open Swim 1 - 4:30pm (Hot Tub Closed 2:30-4:30pm)	MVPT 1 - 4pm	Open Swim 1 - 4:30pm	MVPT 1 - 4pm	Open Swim 1 - 8pm	Adult Water Wellness 1:30 - 2:30pm	Open Swim 1 - 2:30pm	
Lessons 4:30 - 6pm	Lessons 4 - 5:30pm	Lessons 4:30 - 6pm	Open Swim 4 - 5pm		Open Swim 2:30 - 4:30pm	*Open Swim on weekends is dependent on party rentals - please call for availability.	
Open Swim 6-7pm	Open Swim 5:30 - 7pm	Lessons 5 - 6:15pm	Lessons 5 - 6:15pm				
Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm	Open Swim 6 - 7pm	Open Swim 6:15 - 7pm				
Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm	Adult Water Wellness 7 - 8pm				

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.