



# BATH I/T WINTER SCHEDULE

Updated 1/15/26

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 - 10am	Open Swim 5:30 - 8am	CLOSED	CLOSED
Strength & Balance 8 - 9am		Strength & Balance 8 - 9am			Open Swim 7:30-8am	
Gentle Joints 9 - 10am				Gentle Joints 9 - 9:45am	Adult Water Wellness 8:30 - 9:45am	Lessons 8am-12:30pm
Open Swim 10 - 10:45am	Lisbon 9:30 - 10:30am	Enrichment (Hot tub closed) 9:45-11:45am	Enrichment (Hot tub closed) 10-10:45am	Lessons 9:45-10:30am	Open Swim 9:30 - 11am	
Brunswick 10:45 - 11:45am	Active Joints 11-12pm		Active Joints 11-12pm	Enrichment (Hot tub closed) 10:45 - 12pm	<div>*Open Swim/ Rental 11 - 1pm To inquire about pool rentals, contact Sponge Savage at sponge@bathymca.org</div>	
Adult Water Wellness 11:45-1pm	Adult Water Wellness 12-1pm	Adult Water Wellness 11:45am-1pm	Adult Water Wellness 12-1pm	Freeport 12-1pm		
Open Swim 1-4:45pm	MVPT 1-4pm	Open Swim 1-1:45pm	MVPT 1-4pm	Clarvida (formerly Pathways) 1-2pm	*Open Swim/Rental 12:30 - 1:30pm	Open Swim 1 - 2:30pm
		Learning Land 1:45 - 2:30pm		Adult Water Wellness 2-3pm	Adult Water Wellness 1:30 - 2:30pm	
		Open Swim 2:30-4:30pm		Open Swim 3-8pm	Open Swim 2:30 - 4:30pm	<div>*Open Swim on weekends is dependent on party rentals - please call for availability.</div>
Lessons 4:45-6pm	Lessons 4-6pm	Lessons 4:30-6pm	Lessons 4-6pm			
Open Swim 6-7pm	Open Swim 6-7pm	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			
					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 policies prior to use, for the most up-to-date version please visit [bathymca.org/aquatics/pool-rules](http://bathymca.org/aquatics/pool-rules).