



# BATH I/T POOL SCHEDULE

Updated 5/29/26

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 - 8am	CLOSED	CLOSED
Strength & Balance 8 - 9am		Strength & Balance 8 - 9am		Strength & Balance 8 - 9am	Open Swim 7:30-8am	
Gentle Joints 9 - 10am		Gentle Joints 9 - 9:45am		Open Swim 9-9:45am	Lessons 8am-12:30pm	
Open Swim (Hot tub closed*) 10 - 11:45am		Open Swim (Hot tub closed*) 10 - 11:45am		Open Swim (Hot tub closed*) 10:35 - 11:15am		
Active Joints 11-12pm	Active Joints 11-12pm	Active Joints 11-12pm	Lessons 11:15 - 12pm	*Open Swim/Rental 12:30 - 1:30pm	*Open Swim/ Rental 11 - 1pm To inquire about pool rentals, contact Sponge Savage at <a href="mailto:sponge@bathymca.org">sponge@bathymca.org</a>	
Adult Water Wellness 11:45-1pm	Adult Water Wellness 12-1pm	Adult Water Wellness 11:45am-1pm	Adult Water Wellness 12-1pm			
Open Swim 1-4:45pm	MVPT 1-4pm	Open Swim 1-4:30pm	MVPT 1-4pm	Clarvida (formerly Pathways) 1-2pm	Adult Water Wellness 1:30 - 2:30pm	Open Swim 1 - 2:30pm
				Adult Water Wellness 2-3pm		
	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	Open Swim 3-8pm	*Open Swim on weekends is dependent on party rentals - please call for availability.	
Adult Water Wellness 7-8pm	Adult Water Wellness 7-8pm	Adult Water Wellness 7-8pm	Adult Water Wellness 7-8pm			

\*The hot tub is closed during this time for scheduled maintenance.

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