



# BATH I/T POOL SCHEDULE

Updated 5/12/26

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			
Enrichment (Hot tub closed) 10 - 10:45am		Enrichment (Hot tub closed) 9:45-11:45am		Lessons 9:45-10:30am	Lessons 8am-12:30pm		Open Swim 9:30 - 11am
Brunswick 10:45 - 11:45am				Active Joints 11-12pm			
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/Rental 12:30 - 1:30pm	*Open Swim/ Rental 11 - 1pm To inquire about pool rentals, contact Sponge Savage at sponge@bathymca.org	
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
				Adult Water Wellness 2-3pm	Open Swim 2:30 - 4:30pm		
				Lessons 4:45-6pm		Lessons 4-6pm	Open Swim 3-8pm
Lessons 4:45-6pm	Lessons 4-6pm	Lessons 4:30-6pm	Lessons 4-6pm	Open Swim 3-8pm	*Open Swim on weekends is dependent on party rentals - please call for availability.		
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	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](http://bathymca.org/aquatics/pool-rules).