

MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY															
Swim Lane								Swim Lane								Swim Lane								Swim Lane								Swim Lane								Swim Lane																							
1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8								
Lap Swim 5:30am - 8pm								Masters 6-7am								Lap Swim 5:30am - 8pm								Masters 6-7am								Lap Swim 5:30am - 8pm								Lap Swim 5:30am - 8pm								Lap Swim 7:30am - 4:30pm								Lap Swim 9:30am - 2:30pm							
Brunswick 10:45-11:45am								Aquarobics 10-11am								Aquarobics 10-11am								Aquarobics 10-11am								Aquarobics 10-11am								Lessons 9:15am - 11:30am								Lessons 10-11:30am															
LRSC 3-5:30pm								Masters 12-1pm								West Bath 12:15-1:15pm								Masters 12-1pm								Water Circuit 12-1pm								Open Swim 1:30 - 4:30pm								Open Swim 9:30am - 2:30pm															
Lessons 5:30-7pm								LRSC 3-7pm								Georgetown 4:30-5:15pm								LRSC 3-7pm								LRSC 3-5:30pm								Masters 5:30-6:30pm																							
Masters 7-8pm																Lessons 5:15-6pm																																															

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.



# MAIN LAP POOL ACTIVITY DESCRIPTIONS

## **AQUAROBICS (formerly Deep Water)**

This energizing class aims to build balance, cardio, core and strength, through the use of a variety of pool equipment. Class members should be comfortable in deep water as the class makes use of both deep and shallow ends of the pool. Water exercise belts are available for extra floatation.

## **LONG REACH SWIM CLUB (LRSC)**

Competitive youth swim team. Entire pool closed to anyone not pre-registered. For more info please reach out to [lrsc@bathymca.org](mailto:lrsc@bathymca.org).

## **LRSC MASTERS**

Achieve your swimming and fitness goals! Join us for expert on-deck coaching, technique instruction, camaraderie, and more! For ages 18+. Preregistration is required. For more info please reach out to [julie@bathymca.org](mailto:julie@bathymca.org).

## **SPLASH & DASH**

Jumpstart your morning with this early morning lap/exercise program.

## **MER-PEOPLE**

This class will keep you on your toes and on the move! Join us for a revitalizing hour of aerobic, strengthening, and stretching activities. Treat yourself to new energy and new friends as you tone, shape, and firm. Easy entry stairs are provided for getting in and out of the pool. Swimming skills are not necessary, and it is not necessary to get your face wet.

## **WATER CIRCUIT**

This intermediate intensity class incorporates a full body workout using a variety of equipment. Basic swimming skills preferred.

All group exercise classes are free for members unless stated otherwise. Exercises classes denoted as "self-guided" do not have an instructor present. 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).