

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								
Lap Swim 5:30am – 9am								Lap Swim 5:30am – 9am						Masters 6-7am		Lap Swim 5:30am – 9am								Lap Swim 5:30am – 9am						Masters 6-7am		Lap Swim 5:30am – 4:30pm																							
Camp Swim Lessons 8-8:45am				LRSC 9-10am				Splash & Dash 7-8am				Camp Swim Lessons 8-8:45am				Lessons 8:50- 9:30am				LRSC 9-10am				Splash & Dash 7-8am				Camp Swim Lessons 8-8:45am				Lessons 8:50- 9:30am				LRSC 9-10am				Lap Swim 7:30am – 4:30pm															
Lessons 8:50- 9:30am								Camp Swim Lessons 8-8:45am																Lessons 8:50- 9:30am																															
Lap Swim 10am – 4:15pm								Aquarobics 10-11am				Lap Swim 10am – 4:30pm				Aquarobics 10-11am				Lap Swim 10am – 4:30pm				Aquarobics 10-11am				Lap Swim 10am – 4:30pm				Masters 12-1pm				Water Circuit 12-1pm				Mer- people self-guided 11-12pm				Lap Swim 9:30am – 2:30pm											
								Masters 12-1pm								Mer- people self-guided 11-12pm								Masters 12-1pm																												Water Circuit 12-1pm			
Camp Swim 1-3pm				Lessons 1-1:40pm				Camp Swim 1-3pm				Camp Swim 1-3pm				Camp Swim 1-3pm				Camp Swim 1-3pm				Bath Rec 1:30-3pm				LRSC 4:30-5:30pm				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.																							
LRSC 4:30-5:30pm								Camp Swim 1-3pm								Camp Swim 1-3pm								Bath Rec 1:30-3pm																LRSC 4:30-5:30pm															
Lessons 5:15-5:55pm				LRSC 6-7pm				Lessons 5:15-5:55pm				Lessons 5:15-5:55pm				Snaildarters 5:15-6pm		Lessons 5:15-5:55pm				LRSC 6-7pm				Masters 5:30- 6:30pm				A parent/guardian is required to be in the water within arms length of any child 7 or younger.																									
Masters 7-8pm								Lessons 5:15-5:55pm										Lessons 5:15-5:55pm																				LRSC 6-7pm																	
Masters 7-8pm				Lap Swim 5:30pm – 8pm				LRSC 6-7pm								LRSC 6-7pm								LRSC 6-7pm								Lap Swim 5:30pm – 8pm																							



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.

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.

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.