

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 – 8pm								Lap Swim 5:30am – 8pm							Masters 6-7am	Lap Swim 5:30am – 8pm							Masters 6-7am	Lap Swim 5:30am – 8pm																																																															
																																																Splash & Dash 7-8am							Splash & Dash 7-8am																																
								Camp Swim Lessons 8-8:45am							Camp Swim Lessons 8-8:45am							Camp Swim Lessons 8-8:45am																										Lap Swim 7:30am – 4:30pm								Lessons 9:15am – 11:30am	Lap Swim 9:30am – 2:30pm																														
								Lessons 8:50-9:30am							Lessons 8:50-9:30am							Lessons 8:50-9:30am																																																																	
								Aquarobics 10-11am							Aquarobics 10-11am							Aquarobics 10-11am										Lap Swim 10am – 4:30pm								Mer-people self-guided 11-12pm							Open Swim 9:30am – 2:30pm																																								
Mer-people self-guided 11-12pm							Mer-people self-guided 11-12pm							Mer-people self-guided 11-12pm							Water Circuit 12-1pm							Water Circuit 12-1pm																																																											
Camp Swim 1-3pm								Masters 12-1pm							Camp Swim 1-3pm							Camp Swim 1-3pm							Lessons 1-1:40pm								Camp Swim 1-3pm								Camp Swim 1-3pm								Bath Rec 1:30-3pm								Lessons 5:15-5:55pm								Masters 5:30-6:30pm																		
																																																																													Camp Swim 1-3pm							Camp Swim 1-3pm			
								Lessons 5:15-5:55pm							Lessons 5:15-5:55pm							Lessons 5:15-5:55pm																																																							Snailaters 5:15-6pm							Lessons 5:15-5:55pm			
Masters 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.



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. 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.