

MONDAY								TUESDAY								WEDNESDAY								THURSDAY								FRIDAY								SATURDAY								SUNDAY																			
Swim Lane								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 – 3pm						LRSC 5:30 – 7am		Lap Swim 5:30am – 3pm								Lap Swim 5:30am – 3pm						LRSC 5:30 – 7am		Masters 6–7am		Lap Swim 5:30am – 3pm						Lap Swim 5:30am – 3pm						LRSC 5:30 – 7am																													
Mer-people 11–12pm								Splash & Dash 7–8am								Lap Swim 5:30am – 3pm								Aquarobics 10–11am								Lap Swim 5:30am – 3pm								Lap Swim 5:30am – 3pm								Lap Swim 5:30am – 3pm																			
Water Circuit 12–1pm								Brunswick Life Skills 10:45–11:45am								Aquarobics 10–11am								Mer-people 11–12pm								Masters 12–1:15pm								Aquarobics 10–11am								Mer-people 11–12pm																			
Lessons 5:30–7pm								Masters 7–8pm								Lap Swim 5:30 – 8pm								Lessons 5:15–6pm								Lap Swim 5:30 – 8pm								Lessons 5:15–6pm								Lessons 5:30 – 6pm																			
LRSC 3 – 5:30pm								LRSC 3–7pm								LRSC 3 – 5:15pm								LRSC 3–7pm								LRSC 3 – 5:30pm								LRSC 3–7pm								LRSC 3 – 5:30pm																			
Snaildarters 5:15–6pm								LRSC 6–7pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm																			
Masters 7 – 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 7– 8pm								Lap Swim 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.

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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.