



BATH I/T POOL SCHEDULE

September 30 – October 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open Swim 5:30 – 8am	Open Swim 5:30 – 9:30am	Open Swim 5:30 – 8am	Open Swim 5:30 – 9am	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 9–9:45am	Lisbon Life Skills 9:30–10:30am	Gentle Joints 9 – 9:45am	Little Schoolhouse 9–9:45am	Little Schoolhouse 9–9:45am	Lessons 8am–12:30pm	Open Swim 9:30 – 11am
Open Swim 9:45–10:45am	Open Swim 10:30–11am	Bath ELC 9:45–11:45am (HOT TUB CLOSED)	Open Swim 10–11am	Lessons 9:45–11:15am		*Open Swim/ Rental 11 – 1pm To inquire about pool rentals, contact Sponge Savage at sponge@bathymca.org
Brunswick Life Skills 10:45–11:45am	Active Joints 11–12pm		Active Joints 11–12pm	Open Swim 11:15–12pm		
Adult Water Wellness 11:45–1pm	Adult Water Wellness 12–1pm	Adult Water Wellness 11:45am–1pm	Adult Water Wellness 12–1pm	Freeport Life Skills 12–1pm	*Open Swim/Rental 12:30 – 1:30pm	Open Swim 1 – 2:30pm
Open Swim 1–4:45pm	MVPT 1–4pm	Open Swim 1–4:30pm	MVPT 1–4pm	Clarvida 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	Lessons 4:30–6pm	Lessons 4–6pm	Open Swim 3–8pm		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.
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			



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 policies prior to use, for the most up-to-date version please visit bathymca.org/aquatics/pool-rules.