BATH I/T POOL SCHEDULE

November 14 – January 4

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 - 11am	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		Open Swim 9-9:45am	Lessons 8am-12:30pm	Open Swim 9:30 - 11am
Brunswick ELC 9:45-10:45am (HOT TUB CLOSED)	Brunswick ELC 10:30-11am (HOT TUB CLOSED)	Bath ELC 9:45-11:45am (HOT TUB CLOSED)		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 1-3:30pm	MVPT 1-4pm	Open Swim 1-4:30pm	MVPT 1-4pm	Clarvida 1-2pm	Adult Water Wellness 1:30 - 2:30pm	Open Swim 1 - 2:30pm
Brightfield 3:30-4:15				Adult Water Wellness 2-3pm	Open Swim 2:30 - 4:30pm	
Lessons 4:15-6pm	Lessons 4-6pm	Lessons 4:30-6pm	Lessons 4-6pm	Open Swim 3-8pm		
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			

*Open Swim on weekends is dependent on party rentals – please call for availability.

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.

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