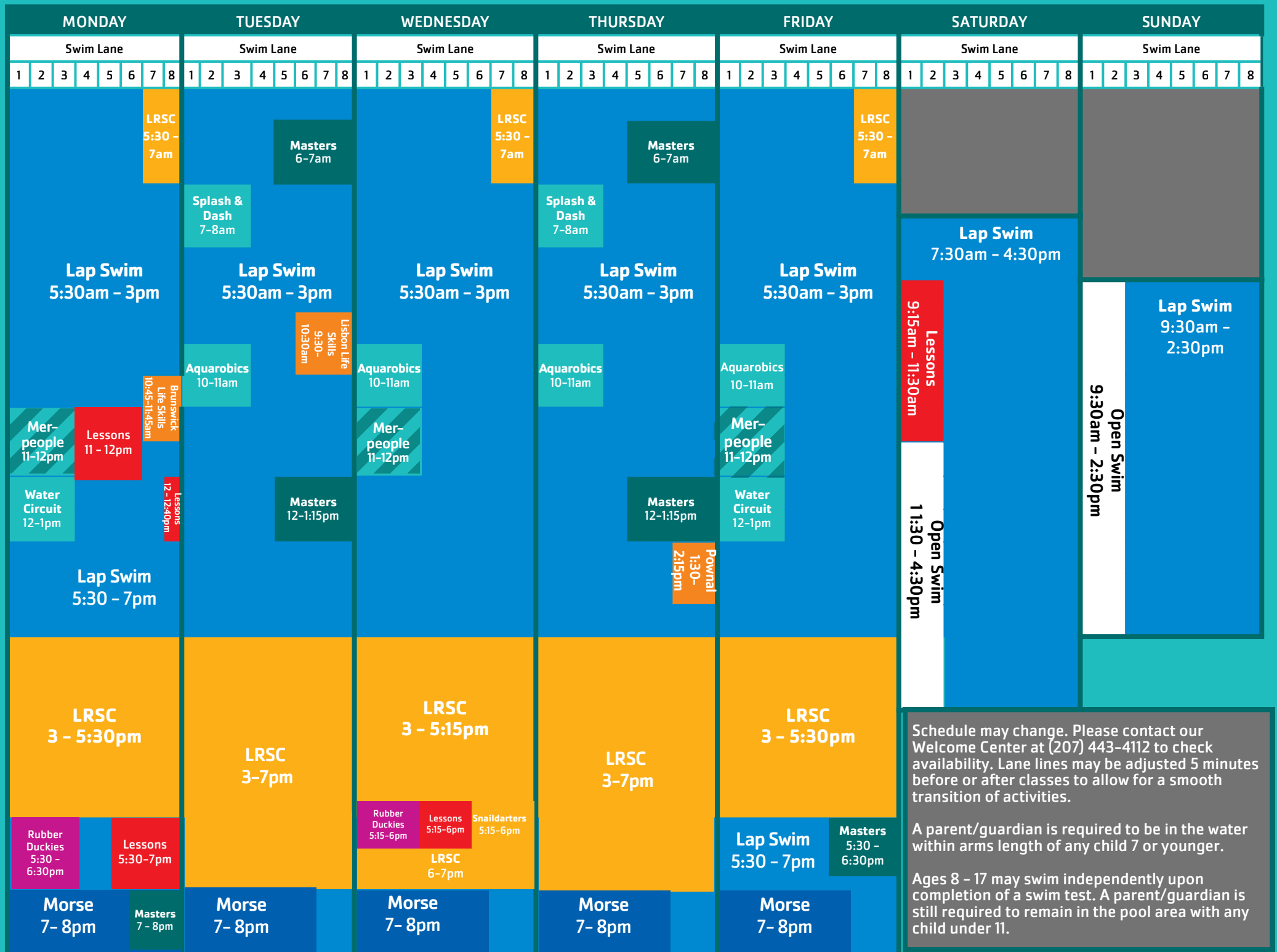
BATH LAP POOL SCHEDULE

November 14 – January 4



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