



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Bath Area Family YMCA I/T Pool Schedule Fall 2015

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim	5:00-9AM Adult Open Swim		
7am						7:15-8:45AM Adult Open Swim	
9am	9-11am Programming	9-12:15pm Programming	9-11am Programming	9-12:15pm Programming	9-11am Programming	8:45-11am Programming	9:15-10:30 Open Swim
10am							
11am	11:00-12:00N Adult Open Swim		11:00-12:00N Adult Open Swim		11:00-12:00N Adult Open Swim	11-12N Family Swim	10:30-11:30 Adult Swim
12n	12N-1 Open swim	12:15-1PM Adult Open Swim	12N-1 Open swim	12:15-1PM Adult Open Swim	12N-1 Open swim	12:00-12:30PM Adult Swim	11:30-12:30 Family swim
1pm	1:00-2pm Family Swim	1-3:30pm GBPT	1:00-2pm Family Swim	1-3:30pm GBPT	1:00-1:30 MMCDC	12:30 -1:30pm Rental	
2pm	Midcoast Hospital 2pm-3:30pm		Midcoast Hospital 2pm-3:30pm		1:30-2pm Open Swim	1:30-2pm Open Swim	
3pm					Closed 2-3pm	<p>Shaded areas denote programming. This pool is closed for general use during scheduled program times.</p>	
4pm	4pm-5pm Programming	4pm-5pm Programming	4pm-5pm Programming	4-5pm Programming	4-4:45pm Y Care		
5pm	5:00-6pm Adult Swim	5:00-6pm Adult Swim	5:00-6pm Adult Swim	5:00-6pm Adult Swim	5:00-6pm Adult Swim		
6pm	6:00-7:00 Family Swim	6:00-7:00 Family Swim	6:00-7:00 Family Swim	6:00-7:00 Family Swim	6:00-7:00 Family Swim	<p>Spa Schedule Monday- Friday 5am-8pm Saturday 7:15am-2:00pm Sunday 9:15-12:30pm</p>	
7pm	7-8:00PM Adult Swim	7-8:00PM Adult Swim	7-8:00PM Adult Swim	7-8:00PM Adult Swim	7-8:00PM Adult Swim		

Basic Pool Rules

1. Shoes are not allowed on the pool deck
2. Showers are required of all swimmers before entering either pool or the Hot tub/spa.*
3. Personal flotation devices, floaties, water wings, swim rings.. are not permitted.
4. Children under three or those not yet potty trained are required to wear a swim diaper under a swimsuit
5. Hair longer than ear length must be restrained by either a swim cap or hair tie
6. Appropriate swimwear is required in all pools. Gym shorts, cutoffs, T-shirts, or ripped suits are not considered appropriate swimwear.
7. Always walk on the deck; Horseplay and rough-housing are not allowed in any area.
8. Children age 6 and under must be accompanied into the water by an adult.
9. Children under age 11 must have a parent in the facility while they are participating in Open swims and Splashes
10. Swim Tests are required of all new participants and members in order to swim in deep water.