Main Pool Fall 2019
September 3rd - October 27th

the Y

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	5:30-11:00 Lap Swim (all lanes)	5:30-11:00 Lap Swim (5 Lanes) LRSC 5:45-6:45 Lanes 7-8	5:30-9:00 Lap Swim lanes 1-5	5:30-11:00 Lap Swim (5 Lanes) LRSC 5:45-6:45 Lanes 7-8	5:30-11:00 Lap Swim lanes 1-5	7:00-9:00 Lap Swim 4+ Lanes available	
8am		7-7:45am Splash and Dash lanes1-3	5:30-6:30am Long Reach Masters lanes 6-8	7-7:45am Splash and Dash lanes1-3	5:30-6:30am Long Reach Masters lanes 6-8	7:30-8:30am Masters Swim (Lns 5-8)	Pool opens at 9:15AM
9am		Deep Water Aerobics 9:00-9:45am	Deep Water Aerobics 9:00-9:45am	Deep Water Aerobics 9:00-9:45am		9a-10:45a Swim Lessons Lane 8	Lap Swim 4+ Lanes 9:15-10:30am
10am		Lisbon Schools 9:45-10:45am lanes 6,7,8	9:00-11:00am Lap Swim 4+ Lanes	9:00-11:00am Lap Swim 4+ Lanes		8:30-11:00am Lap swim lanes 1-5 LRSC lanes 6-7	9:15-10:30am Open Swim (2 lanes)
11am	11:00-12:00 Aqua Exercise lanes 1-4		11:00-12:00 Aqua Exercise lanes 1-4		11:00-12:00 Aqua Exercise lanes 1-4	11:00-12:30pm Lap swim lanes 3-8	Pool rental 10:30-11:30am (call for avail.)
	11:00-12PM Lap Swim Lanes 5-8	11:00-12PM Lap Swim Lanes 3-8	11:00-12PM Lap Swim Lanes 5-8	11:00-12PM Lap Swim Lanes 3-8	11:00-12PM Lap Swim Lanes 5-8	11:00-12:30pm Open Swim lanes 1 & 2	Open/lap Swim 11-12:30pm
12n	12N-3pm Open Swim lanes 1-2	12N-1:00pm Long Reach Masters lanes 6-8	12N-3pm Open Swim lanes 1-2	12N-1:00pm Long Reach Masters lanes 6-8	12N-3pm Open Swim lanes 1-2	Pool rental 12:30-1:30pm (call for avail.)	
1pm	12-3pm Lap swim lanes 3-8	12-3pm Lap swim 5+ lanes	12-3pm Lap swim lanes 3-8	12-3pm Lap swim 5+ lanes	12-3pm Lap swim lanes 3-8		
2pm		1:00p-3pm Open Swim lanes 1-2		1:00p-3pm Open Swim lanes 1-2		Open Swim/Lap Swim until 2:30pm	
3pm	LRSC	LRSC	LRSC	LRSC	LRSC		
4pm	LRSC	LRSC	LRSC/ Youth Lesson 4:30-6pm	LRSC	LRSC		
5pm	5:30-7:30PM Lap Swim 4+ lanes	LRSC	5:15-6:00pm Lap Swim lanes 3-8	LRSC	5:30-8:00PM Lap Swim 6+ lanes		
	6:00- 8:000pm open swim lanes 1 and 2	LRSC	5:15-6:00pm snaildarter club	LRSC	5:30- 8:00pm open swim lanes 1 and 2		
6pm	6:30-7:15pm Adult lessons Swim strokes lanes 7&8	LRSC	LRSC 6pm-7pm	LRSC			
7pm	Lap Swim 5:30-8:00pm 5+ lanes	Lap Swim 7pm-8:00pm 6+ lanes	Lap Swim 7pm-8:00pm 6+ lanes	Lap Swim 7pm-8:00pm 6+ lanes	Lap Swim 5:30-8:00pm 6+ lanes		

Please Shower before entering the pool and read through our pool rules, and swim test policies

Long Reach Swim Club fall season begins 9/23/19

Interested in swim lessons? Ask us about our Fall swim lesson sessions!
andrea@bathymca.org
***Please note that our HOT TUB is drained and cleaned every Tuesday at 1pm and remains closed until approximately 4pm.**
Updated Pool Schedule as of : 8/26/2019

the YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fall I/T Pool Schedule 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7am	5:30-8AM Adult Swim	5:30-9AM Adult Swim	5:30-9AM Adult Swim	5:30-9AM Adult Swim	5:30-8:15AM Adult Swim		
8am	8:00-9:00a Aqua Yoga (Amanda)		9-9:30am parent/child lessons		8:15-9:00 Strength and Balance	7:00-8:00AM Adult Swim	
9am			10-10:30am Enrichment starts 9/11	9:00-9:40 Little Schoolhouse starts 9/19	9:00-9:40 Little Schoolhouse starts 9/20	8:00-10:05a swim lessons	9:15-10:00am Open Swim
10am	9:00-10am open swim	9:45-10:45 Lisbon School	10:30-11am Enrichment starts 9/11	10:00-10:40a Learning Land starts 9/12	open swim 9:45-11am		10:00-10:30am Adult swim
11am	10:00-12:00N Adult Swim	10:45-11:30am Yarthritis (Kathy)	11-11:30am Enrichment starts 9/11	10:45-11:30am Yarthritis (Kathy)		10:10-12N Parent and Child Lessons	10:30-11:30a Pool Rental (call for avail.)
12pm		11:30-12:15pm Yarthritis (Ann)	11:30- 12:30PM Adult Swim	11:30-12:15pm Yarthritis (Ann)	11am-1pm Adult Swim		11:30a-12:30p Open Swim
1pm	12N-2 Open swim	12:15-1:00pm Open Swim	12:30-2:00PM Open Swim	12:15-1:00pm Open Swim	1pm-2pm Pathways	12-12:30pm Adult Swim	
2pm		1-3:30pm GBPT	Midcoast Hospital 2pm-3:30pm	1-3:30pm GBPT	2:00-4pm Open Swim	12:30-1:30p Pool Rental	
3pm	Midcoast Hospital 2pm-3:30pm	3:30-4:30pm Open Swim	3:30-4:30pm Open Swim	3:30-4:30pm Open Swim		1:30-2:30pm Open Swim	
4pm	3:30-5:15pm open swim	4:30-5:15p School Age Lessons	4:30-5:15pm School Age Lessons	4:30-5:15p Preschool Lessons	Y-Care Swim 4-4:45pm		
5pm	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim	5:15-6:15pm Adult Swim		
6pm	6:15-7:15 Open Swim	6:15-7:15 Open Swim	6:15-7:15 Open Swim	6:15-7:00 Open Swim	6:15-7:15 Open Swim		
7pm	7:15-8:00p adult swim	7:15-8:00p adult swim	7:15-8:00p adult swim	7-7:45PM H20 Aerobics (Kim)	7:15-8:00p adult swim		

LRSC swim season begins 9/23

The Hot tub is drained and cleaned every Tuesday from 1pm until approximately 4pm. Thank you for your understanding!

Updated schedule as of 8/26/2019

Please Shower befor entering the pool and read through our pool rules, and swim test polcies before entering the pool

Schedule is subject to change, go to www.bathymca.org for the most up to date changes and cancellations