



# Main Pool Schedule Early Spring February 24th - April 19th, 2020

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:30-11:00 Lap Swim All lanes	5:30-9:00 Lap Swim Lns 1-5 LRSC Lns 6-8	5:30-9:00 Lap Swim 5+ lanes	5:30-9:00 Lap Swim Lns 1-5 LRSC Lns 6-8	5:30-11:00 Lap Swim All lanes	7:00-9:00 Lap Swim 3+ Lanes	
7am		7-7:45am Splash and Dash lanes 1-3		7-7:45am Splash and Dash lanes 1-3		7:30-8:30am Masters Swim (Lns 5-8)	Pool opens at 9:15AM
9am		Deep Water Aerobics 9:00-9:45am lanes 1-3	Deep Water Aerobics 9:00-9:45am lanes 1-3	Deep Water Aerobics 9:00-9:45am lanes 1-3		8:00a-10:30am Swim Lessons lanes 1&2	Lap Swim 4+ Lanes 9:15-12:30p
10am		9:00-9:45am Woolwich 3rd grade lanes 7-8	9:00-11:00am Lap Swim 4+ Lanes	9:00-11:00am Lap Swim 4+ Lanes	10:00-10:45am West Bath 3rd grade Lessons lanes 1-2	9:00-1:30pm Lap swim 4+ Lanes	9:15-10:30a Open Swim Lanes 1 & 2
11am	11:00-12:00 Aqua Exercise lanes 1-4	Lisbon Schools 9:45-10:45am lanes 6,7,8	11:00-12:00 Aqua Exercise lanes 1-4		11:00-12:00 Aqua Exercise lanes 1-4	LRSC 9:00-10:30a lanes 4-6	open kayak skills lanes 5-8 10:30-12:30
	11:00-3:00PM Lap Swim 4+ lanes avail.	11:00am-3PM Lap Swim Lanes 3-8	11:00-3:00PM Lap Swim 4+ lanes avail.	11:00-3PM Lap Swim Lanes 3-8	11:00-3:00PM Lap Swim 4+ lanes avail.	11-12:30pm Open Swim lanes 1 & 2	starting 2/9 Call to sign up
12n	12N-3pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	12N-3pm Open Swim lanes 1&2	1:00pm-3:00pm Open Swim lanes 1&2	1:15-3pm Open Swim lanes 1&2		
1pm		12:15-1:00pm Fisher Mitchell 3rd grade Lessons lanes 1-2		12:15-1:00pm Fisher Mitchell 3rd grade Lessons lanes 1-2		Lap Swim 6+ Lanes 1:30-2:30pm	
2pm						Open Swim Lanes 1 & 2 1:30-2:30pm	
3pm	LRSC	LRSC	LRSC	LRSC	LRSC		
4pm	LRSC	LRSC	LRSC	LRSC	LRSC		
5pm	Special Olympics Swim Team lanes 7&8 5:15-6:00pm	LRSC	Special Olympics/Youth Swim Lesson 5:15-6:00pm	LRSC	5:15-8:00pm Lap Swim 6 lanes		
6pm	Adult Stroke Improvement 6:00-6:45pm	LRSC	5:15-6:00PM Lap Swim 4+ lanes	LRSC			
7pm							
8pm	5:15-8:00PM Lap Swim 5+ lane	7:00-8:00pm Open Laps	7:00-8:00pm Open Laps	7:00-8:00pm Open Laps	5:30-8:00pm Open Laps		

Long Reach Swim Club  
Winter Season runs  
9/23/19 - 3/26/20

Interested in swim lessons? Ask us about our Early Spring and Spring swim lesson sessions!  
Contact  
sponge@bathymca.org

\*Please note that our HOT TUB is drained and cleaned every Tuesday at 1pm and remains closed until approximately 4pm.

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



# Early Spring I/T Pool Schedule

## February 24th- April 19th , 2020

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	5:30-8:00AM Adult Swim	5:30-9AM Adult Swim	5:30-9AM Adult Swim	5:30-9AM Adult Swim	5:30-8:15AM Adult Swim		
7am	8:00-9:00a Aqua Yoga (Amanda)		9-10:00am Parent & Child/ Preschool Lessons		8:15-9:00a Strength and Balance	7:00-8:00AM Adult Swim	
9am		9-9:45am Woolwich lessons	10-10:30am Enrichment	9-9:45am Learning Land	9:15-10:00 Little Schoolhouse	8:00-10:00a preschool lessons	
10am	9:00-10:00am Open Swim	9:45-10:45 Lisbon School	10:30-11am Enrichment	10-10:45 Little Schoolhouse	10:00-10:45 West Bath 3rd Grade Lesson	Preschool Lessons	9:15-10:30am Open Swim
11am	10:00-12:00N Adult Swim	10:45-11:30a Yarthritis (Ann)	11-11:30am Enrichment	10:45-11:30a Yarthritis (Ann)		10:10a-12N Parent & Child	10:30-11:30am Pool Rental (call for avail.)
12pm		11:30-12:15p Yarthritis (Kathy)	11:30- 12:30PM Adult Swim	11:30-12:15p Yarthritis (Kathy)	11:00A-12:00P Adult Swim	Parent & Child	11:30am-12:30pm Open Swim
1pm	12N-2 Open swim	12:15-1:00 Fisher Mitchell	12:30-2:00PM Open Swim	12:15-1:00 Fisher Mitchell	12:00-1:00p open swim	12-12:30pm Adult Swim	
2pm	Midcoast Hospital 2pm-3:30pm	1-3:30pm GBPT	Midcoast Hospital 2pm-3:30pm	1-3:30pm GBPT	1:00-2:00 Pathways	12:30-1:30p Pool Rental (call for avail.)	
3pm	3:30-4:30pm Open	3:30-4:30pm Open Swim	3:30-4:30pm Open Swim	3:30-4:30pm Open Swim	2:00-4:00pm Open Swim	1:30-2:30pm Open Swim	
4pm	4:30-5:15pm Youth Lessons	4:30-5:15p Preschool Lessons	4:30-5:15pm Youth Lessons	4:30-5:15pm 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	6:15-7:15 Open Swim	6:15-7:15 Open Swim		
8pm	7:15-8:00 Adult Swim	7:15PM- 8:00PM H2O Aerobics (Tammy)	7:15-8:00PM Adult Swim	7:15PM-8:00PM H2O Aerobics (Kim)	7:15-8:00PM Adult Swim		

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

Updated schedule as of 2/24/20

Please Shower before 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](http://www.bathymca.org) for the more info.