



Instructional Pool Schedule

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
6:15-6:30AM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
6:30-7:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
7:15-7:30AM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
7:30-8:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
8:15-8:30AM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
8:30-9:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
9:15-9:30AM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
9:30-10:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
10:15-10:30AM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
10:30-11:15AM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
11:15-11:30AM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
11:30-12:15PM	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)	Independent H2O Exercise (Reservation Only)		
12:15-12:30PM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
12:30-1:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)		
1:15-1:30PM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
1:30-2:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Reminder the Hot Tub is not open at this time	
2:15-2:30PM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		
2:30-3:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)		
3:15-3:30PM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Schedule is subject to change, and will change as we are able to open our venues up further. Go to www.bathymca.org for the most up to date schedules. Reminder Lane availability may change based on the YMCA's need for programming	
3:30-4:15PM	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)	Greater Brunswick Physical Therapy	Independent H2O Exercise (Reservation Only)		
4:15-4:30PM	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning	Closed for Cleaning		

Please understand that this is a learning curve for us in the Aquatics Department. Be kind to your lifeguards and lane neighbors. Currently we have no equipment available for use. You must bring your own. Please shower before coming to the pool and be prepared to show up and leave in your swim suit. There will be a designated area for your belongings. There will be an emergency rest room available. If you have questions feel free to call Sponge at (207)443-4112 ext. 25 or email Sponge@bathymca.org