



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BATH I/T POOL SCHEDULE 9/11-11/19

*Open Swim on weekends is dependent on party rentals - please call for availability

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT	SUN
OPEN SWIM 5:30-8:00	OPEN SWIM 5:30-9:45	OPEN SWIM 5:30-9:00	OPEN SWIM 5:30-9:00	OPEN SWIM 5:30-8:30	OPEN SWIM 7:30-8:30	OPEN SWIM 9:30-11:00
STRENGTH & BALANCE with Sarah 8:00-9:00						
ARTHRITIS with Cathy 9:00-10:00						
OPEN SWIM 10:00-10:45	LISBON 9:45-10:45	ENRICHMENT 10:00-11:30	OPEN SWIM 9:45-11:00	OPEN SWIM 9:45AM-12:00	SWIM LESSONS 8:30-12:30	POOL RENTAL 11:00-1:00
BRUNSWICK 10:45-11:45	ARTHRITIS with Cathy 11:00-12:00	ADULT WATER WELLNESS 11:30-1:00	ARTHRITIS with Cathy 11:00-12:00	FREEPORT 12:00-1:00		
ADULT WATER WELLNESS 11:45-1:00	ADULT WATER WELLNESS 12:00-1:00	ADULT WATER WELLNESS 11:30-1:00	ADULT WATER WELLNESS 12:00-1:00	ADULT WATER WELLNESS 12:00-1:00		
OPEN SWIM 1:00-3:30	MVPT 1:00-4:00	OPEN SWIM 1:00-1:45 LEARNING LAND 1:45-2:30	MVPT 1:00-4:00	PATHWAYS 1:00-2:00	ADULT H2O WELLNESS 1:30-2:30	OPEN SWIM 1:00-2:30
BRIGHTFIELD 3:30-4:30	OPEN SWIM 4:00-5:30	OPEN SWIM 2:30-6:30	OPEN SWIM 4:00-5:30	OPEN SWIM 2:00-7:30	OPEN SWIM 1:30-4:30	OPEN SWIM 1:30-4:30
OPEN SWIM 4:30-7:30	SWIM LESSONS 5:30-6:15		SWIM LESSONS 5:30-6:30			
ADULT WATER WELLNESS 7:30-8:30	ADULT WATER WELLNESS 7:30-8:30		ADULT WATER WELLNESS 7:30-8:30			

THERE MAY BE POOL SPACE USED FOR PROGRAMMING AT ANY GIVEN TIME.



I/T POOL ACTIVITY DESCRIPTIONS

ADULT WATER WELLNESS

A mindful space available for ages 18+ to exercise, float, or walk free of toys and youth present. Please note, the basketball hoop and all toys will be unavailable during this time.

MVPT

A private rental. Pool space only open to those patients of the private therapy practice.

OPEN SWIM

Open to all members and guests in an unstructured setting.

POOL RENTAL

A private rental. If no rental is taking place pool reverts to "open swim." Please call for availability during these times.

STRENGTH & BALANCE

Mondays 8 a.m.

Join us in our Instructional/Therapy Pool for this class that uses basic movements and gentle exercises to increase your strength and improve overall balance. Swimming skills are not necessary.

SWIM LESSONS & SCHOOL GROUP LESSONS

Private run groups for pre-registered participants. The pool to be closed to any additional members and/or guests.

Y ARTHRITIS*

Mondays 9 a.m., Tuesdays 11 a.m., Wednesdays 9 a.m., Thursdays 11 a.m.

Our trained arthritis instructors provide a steady workout, incorporating movements designed to encourage range of motion and increased flexibility. The class is held in our warmer I/T pool and swimming skills are not necessary. *Class is free with membership but pre-registration is required.

All group exercise classes are free for members unless stated otherwise. Please review all pool rules and policies prior to use, for the most up-to-date version please visit bathymca.org/aquatics/pool-rules.