





# 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.

## **SCHOOL GROUP LESSONS**

Activities in  are private pool rentals. The pool to be closed to any additional members and/or guests.

## **Y ARTHRITIS**

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.

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