



# swim athletic club hot water therapy/recreational pool

**Effective** Jan 2, 2012. Schedules may change on the first day of each month. Visit facilities or go to **ColumbiaPools.org**. The water temperature of this pool is kept between 90-92 degrees. The pool is scheduled for adult only (14 and older) use with exceptions for physical/ aquatic therapy sessions. Lap or recreational swimming is not allowed during class time. Schedules around group fitness classes may be altered by 5 minutes to allow staff time to set up the pool.

**\* Ai Chi class is for Package Plan Plus Members Only.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00 am							
7:30 am							
8:00 am						POOL OPENS AT 7AM	POOL OPENS AT 7AM
8:30 am	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM		
9:00 am							
9:30 am							
10:00 am	Arthritis 9:45-10:30am	Arthritis 9:30-10:15am		Arthritis 9:30-10:15am	Arthritis Plus 9:30-10:15am		
10:30 am						Arthritis Plus 10-10:45am	Ai Chi* 10-10:45am
11:00 am		Open		Open	Open		
11:30 am	Arthritis Plus 11-11:45am		Arthritis Plus 11-11:45am		Arthritis 11-11:45am		
Noon							
12:30 pm							
1:00 pm		Arthritis Plus 12:30-1:15pm		Arthritis Plus 12:30-1:15pm		Open	Open
1:30 pm					Open		
2:00 pm							
2:30 pm	Open	Open	Open				
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm	Arthritis 6:30-7:15pm		Arthritis 6:30-7:15pm			POOL CLOSES AT 5PM	POOL CLOSES AT 5PM
7:30 pm							
8:00 pm							
8:30 pm	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM		
9:00 pm							
9:30 pm							
10:00 pm							

**Effective** Jan 2, 2012. **NOTE:** Schedules may change on the first day of each month. Visit facilities or go to **ColumbiaPools.org** and click on Classes for updated schedules. Beach entry and cove open whenever the pool is open. Pool closes at 5pm on Sundays. **\*No lap swimming during Water Aerobics or Lesson only times.** Schedule subject to change, call 410-531-0800 for details. For your health and safety, children under the age of 3 are required to wear swim diapers. Schedules around group fitness classes, may be altered by 5 minutes to allow staff time to set up the pool. Aerobic classes are 55 minutes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Closed	Closed
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am	*Aqua Fitness 9:30-10:30am		*Aqua Fitness 9:30-10:30am			Lap Swim 7-9am	Lap Swim 7-11am
8:30 am							
9:00 am							
9:30 am	Laps, Rec Swim 10:30am-5pm	Laps and Rec Swim 9:30am-5pm	Laps, Rec Swim 10:30am-5pm	Laps and Rec Swim 9:30am-5pm	Laps and Rec Swim 9:30am-5pm	Laps and Rec Swim 10am-7pm	*Lessons Only 11am-1pm
10:00 am							
10:30 am							
11:00 am							
11:30 am							
Noon							
12:30 pm							
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Pool Closes at 5pm	
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm	*Lessons Only 6:30-8:30pm	Laps and Rec Swim 6:30-10pm	*Lessons Only 6:30-8:30pm	*Aqua Fitness 6:30-7:30pm	Laps and Rec Swim 6:30-9pm	Pool Closes at 7pm	
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm	Laps and Rec Swim 8:30-10pm		Laps and Rec Swim 8:30-10pm	Laps, Rec Swim 7:30-10pm	Pool Closes at 9pm		
8:00 pm							
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							

**EFFECTIVE:** Jan 2, 2012. **NOTE:** Schedules may change on the first day of each month. Visit facilities or go to [ColumbiaPools.org](http://ColumbiaPools.org) and click on Classes for updated schedules. Supreme Sports Club will normally have some lanes available for lap swimming. The Wading Pool is open, whenever the Main Pool is open. Call 410-381-5355 for details. For your health and safety, children under the age of 3 are required to wear swim diapers. Aerobic classes are 55 minutes. Schedules around aerobic classes may be altered by 5 minutes to give the staff time to set up the pool. \* 3 lanes available for lap swimming. If the aerobic class has less than 20 participants, a 4th lap lane will be available.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
5:30 am		Laps Only		Laps Only		Swim Team	Closed
6:00 am	Laps Only	5-10am	Laps Only	Laps Only	Laps Only	5-7am	
6:30 am	5-9am	and	5-9am	5-10am	5-9am		Laps Only
7:00 am		Triathlon				Laps Only	7-10am
7:30 am		Training Class					
8:00 am		4-5 Lanes					
8:30 am		5:15-7:30am					
9:00 am		Jan 10-May 1					
9:30 am			Laps and	Laps*/Aqua Fitness	Laps and	Laps*/Aqua Fitness	Laps*/Aqua Fitness
10:00 am	Laps and	Laps*/Aqua Fitness	Rec Swim	10-11am	Rec Swim	10-11am	10-11am
10:30 am	9am-3pm	Laps and	9am-3pm	Laps and	9am-3pm		
11:00 am		Rec Swim		Rec Swim			
11:30 am		11am-3:30pm		11am-3:30pm		Laps, Rec Swim	Laps and
Noon						11am-7pm	Rec Swim
12:30 pm							11am-5pm
1:00 pm							Pool Closes
1:30 pm							5pm
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Laps and	Laps and	Laps and	Laps and	Laps and		
4:30 pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
5:00 pm	3-7:30pm	3:30-7:30pm	3-7:30pm	3:30-7:30pm	3-8pm		Swim Team
5:30 pm							Lifeguard
6:00 pm							Training
6:30 pm							5-8pm
7:00 pm							Closed to Public
7:30 pm							
8:00 pm	Laps/Master's	Laps and Rec	Laps/Master's	Laps/Master's	Laps/Rec Swim	Closed	
8:30 pm	7:30-9pm	7:30-10pm	7:30-9pm	7:30-9pm	8-9pm		Closed
9:00 pm							
9:30 pm	Laps Only	7:30-8:30pm	Laps Only	Laps Only	Closed		
10:00 pm	9-10pm	2-3 Lanes for Aqua Fitness	9-10pm	9-10pm			

# STAY COOL by the Pool

We have 23 outdoor pools, including 2 mini WaterParks for your enjoyment. Each outdoor aquatic facility has lounge chairs, umbrellas, a grassy area, wading pools and showers. Other amenities which vary from pool to pool, include: sand volleyball, half-court basketball, beach entries, spas, snack bars, covered picnic tables, water slides and play features. Steven's Forest and Swansfield pools are heated for your comfort. Find additional information at **ColumbiaPools.org**.

See next page for closure schedule, Adult Only/Early Bird/Senior Swim/Wading Pool schedules and pool abbreviations.

\* Most pools are closed one day/week.

## May 26-Jun 11 Subject to change based on Ho Co school schedule.

All pools open 12-7 on weekends

**\*\*Please Note** opening schedules for the pools to allow for better swimming opportunities at the open pools and better CNSL practices at the closed pools M-F.

**SW** ..... **Mon-Sun** 11am-7pm (slide opens at 3:30pm)  
**SF** ..... **Mon-Sun** 12-7pm

No closed days until school's out

**BW, CF, DI, DH, HW, KR, PL, RH<sup>1</sup>** ..... **Mon-Fri** 3:30-7pm & **Sat-Sun** 12-7pm

No closed days until schools out

<sup>1</sup> RH will open at 12:30pm on Saturdays 6/6 through 7/21 due to swim meets

**\*\*CC, DG, FR, HA, HG, HU, JH, LP, LF, MC, RB, TS, TH** ..... **Sat-Sun** 12-7pm

**JH, LP, LF, MC, RB, TS, TH**

Closed for swim teams and other special programming Mon-Fri

**DH and RH** ..... Open at 1pm on the last 3 days of school

All pools will be open Memorial Day • Monday, May 28 • 12-7pm.

## Jun 12\*-Aug 12 Subject to change based on Ho Co school schedule.

**DI, DH, HA, KR, RH<sup>1</sup>** ..... **Mon-Sat\*** 12-8:45pm & **Sun** 11am-7:30pm

<sup>1</sup> RH will open at 12:30pm on Saturdays 6/9 through 7/21 due to swim meets

**CF, HW** ..... **Mon-Fri\*** 12-8:30pm  
**Sat** ..... 10:30am-8:30pm  
**Sun** ..... 12pm-7:30pm

**DG, SW** ..... **Mon-Sat\*** 12-8:30pm  
**Sun** ..... 12pm-7:30pm

**BW<sup>2</sup>, CC, FR, HU<sup>2</sup>, JH, LF, MC, PL, RB, SF, TS, TH** ..... **Mon-Sat\*** 12-8pm & **Sun** 12-7pm

<sup>2</sup> Please note that BW will close Fridays at 7 pm and HU will close at 7pm on Saturdays for adult nights

**HG** ..... **Mon, Thu, Fri, Sat** 11am-8pm  
**Tue, Sun** ..... 11am-7pm

**LP** ..... **Mon, Wed** 10:30am-7pm  
**Tue, Thu, Sat** 10:30am-8pm  
**Sun** ..... 12pm-7pm

All pools open Wed, Jul 4 • 12-7pm. Regularly scheduled AM activities will be held.

All schedules are subject to change.  
 \*Most pools are closed one day/week.

## Aug 13-Aug 26

**DH, HW, KR, RH** ... **Mon-Sat** 12-8pm & **Sun** 11am-7pm

**CC, CF, DG, FR, HU, LF, MC, RB, SF, SW, TH** ... **Mon-Sat\*** 12-7:30pm & **Sun** 12-7pm

**JH** ..... **Mon-Fri** 10:30am-7pm  
**Sat** ..... 12-7:30pm  
**Sun** ..... 12-7pm

**BW, DI, HA, HG, LP, PL, TS** ..... Closed for the season

## Aug 27-Sep 3

**SW** ..... **Mon-Sun** 12-7pm No closed day (slide opens at 3:30pm)  
**Labor Day** ... 12-7pm

**DH, HW, KR, RH** ... **Mon-Fri** 3:30-6:30pm No closed day  
**Sat-Sun** ..... 12-6:30pm  
**Labor Day** ... 12-6pm

**CC, HU, SF, TH** ... **Mon-Fri** Closed  
**Sat-Sun** ..... 12-6:30pm  
**Labor Day** ... 12-6pm

**BW, CF, DI, DG, FR, HA, HG, JH, LP, LF, MC, PL, RB, TS** ..... Closed for the season

## Sep 8, 9, 15, 16

**SF, SW** ..... **Sat-Sun** 12-6pm  
 All other pools ... Closed for the season

When thunder roars

GO INDOORS

The outdoor pool facilities will close in the event of lightning and/or thunder and will remain closed for 30 minutes after the last report of either. For other weather related policies, see pages 8 and 47.



## Daily Admission *CA Residents must bring Columbia Cards*

	Adult (16 years and older)	Child (15 years and under)
Mbrs	Free	Free
CA Resident Non-Mbrs w/card	\$8	\$5
Non-CA Resident Non-Mbrs	\$20	\$15

For CA Resident Non-Members with Columbia Card a discounted admission rate is available at **FR, JH, MC, RB and TS** Adult \$4, Child \$2

### Adult Only Hours *Wading Pool Closed* **June 15-August 11** Daily admission rates apply.

Bryant Woods (BW)	.Fri	.7-10pm
Huntington (HU)	.Sat	.7-10pm

### Senior Swim *Wading Pool Closed* **June 12-August 10** Daily admission rates apply.

Dasher Green (DG)	.Tue	.12-3pm, ends Aug 7
Hobbit's Glen (HG)	.Wed	.12-3pm, ends Aug 8
Locust Park (LP)	.Fri	.10:30am-1pm, ends Aug 10

### Morning Wading Pool Hours **June 12-August 10** Daily admission rates apply.

DI, DH, HW, KR, RH, SW .Mon-Fri .10am-12pm, except on closed day

### Early Bird Lap Swim *Wading Pool Closed* **June 13-August 24** Daily admission rates apply.

Locust Park (LP) .M/W/F .7-9am  
*The Masters Swim Team practices from 5:30-7am. See info on page 57.  
 Moves to JH Aug 13.*

### Lap Swimming **June 12-August 24** Daily admission rates apply.

Jeffers Hill (JH) .Mon/Tue/Wed/Fri 4:45pm-Closing  
*Four to five lanes will be reserved for lap swimming.  
 All schedules are subject to change based on Ho Co school release schedule.*

### Inclement Weather Guidelines

**Normal Operations** Sunny summer days. Pools open as usual.

**Limited Operations** When it's cold and dreary with light rain or thunder showers predicted. The following pools will remain open (except on their closed days)  
 Dorsey Hall, Hopewell, Kendall Ridge, River Hill, Steven's Forest and Swansfield.

**Inclement Operations** Rainy, inclement days, Steven's Forest and Swansfield remain open (unless very inclement or on their closed day). All other pools are closed.

## Outdoor Pool Listings *Closed Day Last Day*

Bryant Woods (BW)	.410-730-5326	.Tuesday	Aug 12
Clary's Forest (CF)*	.410-964-0805	.Monday	Aug 26
Clemens Crossing (CC)	.410-997-4214	.Tuesday	Sep 3
Dasher Green (DG)*	.410-381-1461	.Tuesday	Aug 26
Dickinson (DI)*	.410-381-3080	.Thursday	Aug 12
Dorsey Hall (DH)*	.410-461-1481	.—	Sep 3
Faulkner Ridge (FR)	.410-730-5292	.Wednesday	Aug 26
Hawthorn (HA)*	.410-730-0943	.Wednesday	Aug 12
Hobbit's Glen (HG)	.410-730-6770	.Wednesday	Aug 12
Hopewell (HW)	.410-381-1460	.Wednesday	Sep 3
Huntington (HU)*	.301-490-3310	.Monday	Sep 3
Jeffers Hill (JH)	.410-730-1220	.Thursday	Aug 26
Kendall Ridge (KR)*	.410-715-3074	.Tuesday	Sep 3
Locust Park (LP)	.410-730-5621	.Friday	Aug 12
Longfellow (LF)	.410-730-4978	.Monday	Aug 26
Macgill's Common (MC)	.410-730-5995	.Tuesday	Aug 26
Phelps Luck (PL)	.410-730-5765	.Wednesday	Aug 12
River Hill (RH)*	.410-531-0191	.—	Sep 3
Running Brook (RB)	.410-730-5293	.Thursday	Aug 26
Steven's Forest (SF)	.410-730-5452	.Monday	Sep 16
Swansfield (SW)	.410-730-3180	.Thursday	Sep 16
Talbott Springs (TS)	.410-730-5421	.Wednesday	Aug 12
Thunder Hill (TH)	.410-730-5563	.Tuesday	Sep 3

### Aquatics Office .410-312-6332

9450 Gerwig Lane, Columbia, MD 21046  
 email: [aquatics@columbiaassociation.com](mailto:aquatics@columbiaassociation.com)  
[ColumbiaPools.org](http://ColumbiaPools.org)

*\*Special provisions for handicap access. Call the Aquatics Office for information.  
 Please call 410-715-3154 for weather related operations and updates.  
 See pages 8 and 45 for additional information.*

# Second Sunday Swim

CA residents\* will be offered the opportunity to visit CA's 23 outdoor pools for free three days this summer on the second Sunday of each month (June 10, July 8 and August 12).

### \* Residents must have a Columbia Card to enjoy "Second Sunday Swim".

Columbia Cards can be obtained at Maggie J. Brown Welcome Center, located at CA Headquarters, 10221 Wincopin Circle at no cost. Address verification in the form of a driver's license or imprinted personal check and dependent children's birth certificates are required to obtain the free Columbia Card. *For more information, please call 410-730-1801.*

# athletic club hot water therapy/recreational pool **swim**

**Effective** Jun 12, 2012. Schedules may change on the first day of each month. Visit facilities or go to **ColumbiaPools.org**. The water temperature of this pool is kept between 90-92 degrees. The pool is scheduled for adult only (14 and older) use with exceptions for physical/ aquatic therapy sessions. Lap or recreational swimming is not allowed during class time. Schedules around group fitness classes may be altered by 5 minutes to allow staff time to set up the pool. Summer shutdown Aug 20-26 – facility closed.

**\* Ai Chi class is for Package Plan Plus Members Only.**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday										
7:00 am	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM	POOL OPENS AT 7AM										
7:30 am																	
8:00 am		Arthritis 9:30-10:15am						Arthritis Plus 7AM	Arthritis 9:30-10:15am	Arthritis Plus 9:30-10:15am	Arthritis Plus 10-10:45am	Ai Chi* 10-10:45am					
8:30 am																	
9:00 am		Open						Arthritis Plus 11-11:45am	Open	Arthritis 11-11:45am	Open	Open					
9:30 am																	
10:00 am		Open						Arthritis Plus 12:30-1:15pm	Open	Open	Open	Open					
10:30 am																	
11:00 am								Open					Arthritis 6:30-7:15pm	Open	Open	Open	Open
11:30 am																	
Noon	Open		Open	Open	Open	Open	Open										
12:30 pm																	
1:00 pm			Open					Open					Open	Open	Open	Open	
1:30 pm																	
2:00 pm			Open					Open					Open	Open	Open	Open	
2:30 pm																	
3:00 pm		Open						Open	Open	Open	Open	Open					
3:30 pm																	
4:00 pm		Open						Open	Open	Open	Open	Open					
4:30 pm																	
5:00 pm	Open			Open	Open	Open	Open	Open									
5:30 pm																	
6:00 pm	POOL CLOSING AT 8PM			Open	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM									
6:30 pm																	
7:00 pm			POOL CLOSING AT 5PM	POOL CLOSING AT 5PM									POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	POOL CLOSING AT 5PM	
7:30 pm																	
8:00 pm			POOL CLOSING AT 8PM	POOL CLOSING AT 8PM									POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	
8:30 pm																	
9:00 pm		POOL CLOSING AT 8PM		POOL CLOSING AT 8PM					POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM					
9:30 pm																	
10:00 pm		POOL CLOSING AT 8PM		POOL CLOSING AT 8PM					POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM	POOL CLOSING AT 8PM					

# swimcolumbia gym

**Effective** Jun 12, 2012. Summer shutdown Jun 4-10, 2012. **NOTE:** Schedules may change on the first day of each month. Visit facilities or go to **ColumbiaPools.org** and click on "Classes" for updated schedules. Beach entry and cove open whenever the pool is open. Pool closes at 5pm on Sundays. **\*No lap swimming during Water Aerobics or Lesson only times.** Schedule subject to change, call 410-531-0800 for details. For your health and safety, children under the age of 3 are required to wear swim diapers. Schedules around group fitness classes may be altered by 5 minutes to allow staff time to set up the pool. Aerobic classes are 55 minutes.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Laps 5:30-9:30am	Closed	Closed
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Laps, Rec Swim, and Camps 9:30am-3:30pm	Lap Swim 7-9am	Lap Swim 7-11am
8:30 am							
9:00 am							
9:30 am							
10:00 am							
10:30 am	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 3:30-5pm	Laps and Rec Swim 9am-7pm	Laps and Rec Swim 11am-5pm
11:00 am							
11:30 am							
Noon							
12:30 pm							
1:00 pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Laps Only 5-6:30pm	Pool Closes at 5pm	
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm	*Lessons Only 6:30-8:30pm	Laps and Rec Swim 6:30-10pm	*Lessons Only 6:30-8:30pm	*Aqua Fitness 6:30-7:25pm	Laps and Rec Swim 6:30-9pm	Pool Closes at 7pm	
4:00 pm							
4:30 pm							
5:00 pm							
5:30 pm							
6:00 pm	Laps and Rec Swim 8:30-10pm	Laps and Rec Swim 8:30-10pm	Laps, Rec Swim 7:30-10pm	Pool Closes at 9pm			
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm							
8:30 pm							
9:00 pm							
9:30 pm							
10:00 pm							

# columbia swim center/splashdown **swim**

**EFFECTIVE** Jun 12, 2012 **Summer Renovations Facility Closed** Aug 3-Aug 13. **NOTE** Schedules may change on the first day of each month. Visit facilities or go to ColumbiaPools.org, and click on Classes for updated schedules. Wading pool is open unless noted in black whenever the pool is open.

**NOTE** MP=Main Pool PP=Program Pool \*DWF=Deep Water Fitness. DWF is free to Package Plan Plus Mbrs, additional fee for PP Mbrs and CA Res Non-Mbrs.

Time	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	MP	PP	MP	PP	MP	PP	MP	PP	MP	PP	MP	PP	MP	PP
5:30am														
6:00am	Lap Swim	Closed	Lap	Closed	Lap Swim	Closed	Lap	Closed	Lap Swim		Closed	Closed	Closed	Closed
6:30am	6 Lanes		Swim		6 Lanes		Swim		6 Lanes					
7:00am	5:30-9am						5:30-9am							
7:30am	1 Lane for DWF* from 7-8am	Lap Swim	5:30-9am	Lap Swim	1 Lane for DWF* from 7-8am	Lap Swim	5:30-9am	Lap Swim	1 Lane for DWF* from 7-8am	Lap Swim	Lap Swim 7-9am			
8:00am		6:45-9am		6:45-9am		6:45-9am		6:45-9am		6:45-9am		Lap Swim 7-10am		
8:30am	DWF* 8-8:55am				DWF* 8-8:55am				DWF* 8-8:55am		1 Lane for DWF* from 8-9am			
9:00am														
9:30am		Closed				Closed				Closed	DWF* 9-9:55am		Lap Swim 9-10:30am	Lap Swim
10:00am	Lessons, Laps and Rec Swim		Lessons, Laps and Rec Swim		Lessons, Laps and Rec Swim		Lessons, Laps and Rec Swim		Lessons, Laps and Rec Swim				Laps and Rec Swim 9am-12pm	Swim 9am-12pm
10:30am														
11:00am		Masters 10:30-11:45am		Closed		Masters 10:30-11:45am		Closed		Masters 10:30-11:45am				
11:30am	9am-1pm		9am-1pm		9am-1pm		9am-1pm		9am-1pm					
Noon														
12:30pm														
1:00pm										Closed	Closed	Closed	Closed	Closed
1:30pm	<b>Camps and Rentals</b>													
2:00pm														
2:30pm														
3:00pm														
3:30pm														
4:00pm														
4:30pm	Lap/Rec 4-5pm		Lap/Rec 4-5pm		Lap/Rec 4-5pm		Lap/Rec 4-5pm		Lap/Rec 4-5pm					
5:00pm														
5:30pm	Lap Swim 5-6:30pm		Lap Swim 5-6:30pm		Lap Swim 5-6:30pm		Lap Swim 5-6:30pm		Lap Swim 5-6:30pm					
6:00pm		Swim Team 4:30-8:15pm		Swim Team 5-8:15pm		Swim Team 4:30-8:15pm		Swim Team 5-8:15pm		Swim Team 5-7pm				
6:30pm														
7:00pm	Swim Team 6:30-7:30pm		DWF* 6:30-7:25pm		Swim Team 6:30-7:30pm		DWF* 6:30-7:25pm		Swim Team 6:30-7:25pm		Closed			
7:30pm			Lessons 6:30-8:30pm				Lessons 6:30-8:30pm							
8:00pm									SplashDown 7-9pm 6/1-6/29		Laps/Rec 7-9pm 6/1-6/29		Rentals	
8:30pm			Scuba Rental				Scuba Rental							
9:00pm														
9:30pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed	Closed				
10:00pm														

# swim supreme sports club

**EFFECTIVE** Jun 12-Aug 26, 2012 **Summer Shutdown** Aug 27-Sep 3 **NOTE** Schedules may change on the first day of each month. Visit facilities or go to [ColumbiaPools.org](http://ColumbiaPools.org) and click on Classes for updated schedules. Supreme Sports will normally have some lanes available for lap swimming. The Wading Pool is open, whenever the Main Pool is open. Call 410-381-5355 for details. For your health, children under the age of 3 are required to wear swim diapers. Aerobic classes are 55 minutes. Schedules around aerobic classes may be altered by 5 minutes to give the staff time to set up the pool. \* 3 lanes available for lap swimming. If the aerobic class has less than 20 participants, a 4th lap lane will be available for lap swimming.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
5:30 am							
6:00 am	Laps	Laps	Laps	Laps	Laps	Closed	Closed
6:30 am	Only	Only	Only	Only	Only		
7:00 am	5-9am	5-9am	5-9am	5-9am	5-9am		
7:30 am						Laps Only	Laps Only
8:00 am						7-9am	7-10am
8:30 am							
9:00 am							
9:30 am		Laps/Rec Swim 9-10am		Laps/Rec Swim 9-10am		Laps/Rec Swim 9-10am	
10:00 am							
10:30 am		Laps*/Aqua Fit 10-11am		Laps*/Aqua Fit 10-11am		Laps*/Aqua Fit 10-11am	Laps*/Aqua Fit 10-11am
11:00 am							
11:30 am	Laps, Camps		Laps, Camps		Laps, Camps		
Noon	and		and		and		
12:30 pm	Rec Swim	Laps, Camps	Rec Swim	Laps, Camps	Rec Swim	Laps, Rec Swim	Laps and Rec Swim
1:00 pm	9am-4pm	and	9am-5pm	and	9am-4:30pm	11am-7pm	11am-5pm
1:30 pm		Rec Swim		Rec Swim			Pool Closes
2:00 pm		11am-5pm		11am-5pm			5pm
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm	Laps and Swim Team						
4:30 pm	3-6:30pm						
5:00 pm							
5:30 pm							
6:00 pm		Laps and Swim Team	Laps and Swim Team	Laps and Swim Team	Laps and Swim Team		
6:30 pm		5-8:30pm	5-8pm	5-8:30pm	4:30-9pm		
7:00 pm	Laps						
7:30 pm	6:30-7:30pm						
8:00 pm			Masters Outdoors 7:30-9pm				Closed
8:30 pm							
9:00 pm	Laps/Rec 7:30-10pm		Laps/Rec 8-10pm				
9:30 pm		Laps and Rec 8:30-10pm		Laps/Rec 8:30-10pm			
10:00 pm					Closed		

**Effective:** June 12-September 3, schedule subject to change and the Howard County Public School schedule

Day	Time	Club	Class
<b>Monday</b>	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/13</i>
	10am	Hobbit's	Aqua Fitness <i>Ends 8/6</i>
	11am	AC	Aqua Arthritis Plus +
	6:30pm	AC	Aqua Arthritis +
	7pm	Locust	Aqua Fitness
<b>Tuesday</b>	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/14</i>
	9:30am	AC	Aqua Arthritis +
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus +
	6:30pm	SWC	Deep Water Fitness \$
	7pm	Hobbit's	Aqua Fitness <i>Moves to SW 8/14</i>
<b>Wednesday</b>	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/15</i>
	11am	AC	Aqua Arthritis Plus +
	6:30pm	AC	Aqua Arthritis +
	7pm	Locust	Aqua Fitness <i>Moves to JH 8/15</i>
<b>Thursday</b>	9:30am	AC	Aqua Arthritis +
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/16</i>
	10am	SSC	Aqua Fitness
	12:30pm	AC	Aqua Arthritis Plus +
	6:30pm	SWC	Deep Water Fitness \$
	6:30pm	CG	Aqua Zumba
<b>Friday</b>	8am	SWC	Deep Water Fitness \$
	9:30am	Locust	Aqua Fitness <i>Moves to JH 8/17</i>
	9:30am	AC	Aqua Arthritis Plus +
	10am	Hobbit's	Aqua Fitness <i>Ends 8/10</i>
	11am	AC	Aqua Arthritis +
<b>Saturday</b>	9am	SWC	Deep Water Fitness \$
	10am	Hobbit's	Aqua Fitness <i>Moves to SW 8/18</i>
	10am	SSC	Aqua Fitness
	10am	AC	Aqua Arthritis Plus +
<b>Sunday</b>	10am	SSC	Aqua Fitness
	10am	Hobbit's	Aqua Fitness <i>Moves to SW 8/19</i>
	10am	AC	Ai Chi*

## Class Descriptions

### Ai Chi\*

Gentle mind and body exercises in warm water, Package Plan Plus members only, advance registration required.

### Aqua Boot Camp

Interval based class with varying intensity and equipment to increase strength and aerobic endurance.

### Aqua Fitness

Aerobics, flexibility, and muscle conditioning in shallow water.

### Aqua Arthritis +

Gentle exercises to help decrease pain and stiffness. Members free. CA Resident Non-Members with CA Resident card per class fee \$10. Classes are 45 minutes.

### Aqua Arthritis Plus +

Gentle exercises from the arthritis format, plus increased endurance phase. Members free. CA Resident Non-Members per class fee \$10 with CA Resident card. Classes are 45-minutes in length.

### Aqua Zumba

All the fun of Zumba, the intensity of dance movements, with the support and resistance of the water.

### Deep Water Fitness Classes \$

Water exercises in the deep end of the pool. Flotation belts available. Free to Package Plan Plus members. Additional fee for Package Plan and CA Resident Non-Members.

**AC** — Columbia Athletic Club, 410-730-6744

**SWC** — Columbia Swim Center, 410-730-7000

**SSC** — Supreme Sports Club, 410-381-5355

**CG** — Columbia Gym, 410-531-0800

### Aqua Fitness Policies

+ Free to Members, CA Resident Non-Mbrs with Columbia Card, \$10 per class.

\$ Additional fee for Package Plan, Club Mbrs, CA Resident Non-Mbrs. Free to Package Plan Plus Mbrs.

**Fees** Shallow Water Fitness classes are free to Members and at the Daily Admission Rate for CA Resident, Non-Members. An additional fee is required for Deep Water Fitness Classes. Fees subject to change.

**Attendance** Consistent attendance of ten or more is required for a class to remain on the schedule. The schedule is subject to change.

**Inclement Weather** All pool facilities will close for thunder and lightning and will remain closed for 30 minutes after the last report of thunder or lightning. Outdoor classes will not be held in the rain or if the temperature is below 68F. Please call the Weather Information Hotline at 410-715-3154 to check status of class.

**Classes** are 55 minutes unless noted.

### Schedule Notes

- No Columbia Gym classes June 4-10
- Morning classes will be held on Wednesday, July 4
- No Columbia Swim Center classes August 3-13.
- Classes move to different locations beginning August 12
- No Athletic Club classes August 20-26
- No outdoor pool classes after Sunday, August 26\*\*
- No Supreme Sports Club classes August 27-September 3
- Special Memorial Day Class, 11-11:55am, Swansfield
- Special Labor Day Class September 3, 10:30-11:55am, Swansfield (\$10 tax deductible donation to Cancer Fund requested, but not required.)

**Fees and schedule subject to change.**