

schedules indoor swimming **Supreme Sports Club**

EFFECTIVE Jun 24-Aug 29, 2010 **Summer Shutdown** Aug 30-Sep 7 **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. 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		Laps/Rec Swim		Laps/Rec Swim	
10:00 am		9-10am		9-10am		9-10am	
10:30 am		Laps*/Aqua Fit		Laps*/Aqua Fit		Laps*/Aqua Fit	Laps*/Aqua Fit
11:00 am		10-11am		10-11am		10-11am	10-11am
11:30 am	Laps,		Laps,		Laps,		
Noon	Camps		Camps		Camps		
12:30 pm	and		and		and		Laps
1:00 pm	Rec Swim	Laps,	Rec Swim	Laps,	Rec Swim	Laps,	and
1:30 pm	9am-4pm	Camps	9am-5pm	Camps	9am-4:30pm	Rec Swim	Rec Swim
2:00 pm		and		and		11am-7pm	11am-5pm
2:30 pm		Rec Swim		Rec Swim			Pool Closes
3:00 pm		11am-5pm		11am-5pm			5pm
3:30 pm							
4:00 pm							
4:30 pm							
5:00 pm	Laps and						
5:30 pm	Swim Team						
6:00 pm	4-6:30pm	Laps and	Laps and	Laps and	Laps and		
6:30 pm		Swim Team	Swim Team	Swim Team	Swim Team		
7:00 pm	Laps*/Aqua Fit	5-8:30pm	5-7:30pm	5-8:30pm	4:30-9pm		
7:30 pm	6:30-7:25pm						
8:00 pm	Laps/Masters		Laps/Masters	<i>Masters Outdoors</i>			
8:30 pm	7:30-9pm		7:30-9pm	<i>from 7:30-9pm</i>		Closed	Closed
9:00 pm		Laps and Rec					
9:30 pm	Laps Only	8:30-10pm	Laps Only	Laps Only	Closed		
10:00 pm	9-10pm		9-10pm	8:30-10pm			