

# schedules indoor swimming Athletic Club Hot Water Therapy Pool

**Effective** July 1-Aug 8, 2010. Summer shutdown Aug 9-29. Schedules may change on the first day of each month. Visit facilities or go to **ColumbiaPools.org**. The water temperature of this salt-water 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						POOL OPENS AT 7AM	POOL OPENS AT 7AM
8:00 am							
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	Open	Arthritis 9:30-10:15am		Arthritis 9:30-10:15am	Arthritis Plus 9:30-10:15am		
10:30 am						Arthritis Plus 10-10:45am	
11:00 am		Open		Open	Open		
11:30 am	Arthritis 11-11:45am		Arthritis Plus 11-11:45am		Arthritis 11-11:45am		
Noon							
12:30pm							
1:00pm		Arthritis Plus 12:30-1:15pm		Arthritis Plus 12:30-1:15pm			
1:30pm					Open	Open	Open
2:00pm							
2:30pm	Open	Open	Open				
3:00pm							
3:30pm							
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm							
6:30pm						POOL CLOSES AT 5PM	POOL CLOSES AT 5PM
7:00pm	Arthritis 6:45-7:30pm		Arthritis 6:45-7:30pm				
7:30pm							
8:00pm							
8:30pm	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM	POOL CLOSES AT 8PM		
9:00pm							
9:30pm							
10:00pm							