

Aquatic Center Schedules and Lane Reservations																																				
	Monday			Tuesday			Wednesday			Thursday			Friday			Saturday			Sunday																	
6:00 AM	Lap	Fam/Therapy Swim		Lap	Fam/Therapy Swim		Lap	Fam/Therapy Swim		Lap	Fam/Therapy Swim		Lap	Fam/Therapy Swim		Closed			Closed																	
7:00 AM					Water Exercise			Water Exercise			Water Exercise					Closed			Closed																	
8:00 AM		Stretch & Strengthen (2 lanes) (8:30am-9:30am)		Coast Guard (3 Lanes)			Stretch & Strengthen (2 lanes) (8:30am-9:30am)			Coast Guard (3 Lanes)			Stretch & Strengthen (2 lanes) (8:30am-9:30am)		Closed							Closed														
9:00 AM																									Closed			Closed								
10:00 AM																															Closed			Closed		
11:00 AM																		Lap	Open Play	Swim Lessons	Closed															
12:00 PM	POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open					Slide Open	Closed					Closed												
1:00 PM	POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open														Closed			Closed						
2:00 PM	POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open																				Closed			Closed
3:00 PM	POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open			POOLS CLOSED- Fitness Center Open									Closed														
4:00 PM	Lap	Open Play	AHS SWIM TEAM (4 LANES) (4-5:30pm)	Lap	Swim Lessons (1 lane) (4-6:30)	AHS SWIM TEAM (4 LANES) (4-5:30pm)	Lap	Open Play	AHS SWIM TEAM (4 LANES) (4-5:30pm)	Lap	Swim Lessons (1 lane) (4-6:30)	AHS SWIM TEAM (4 LANES) (4-5:30pm)	Lap	Open Play	AHS SWIM TEAM (4 LANES) (4-5:30pm)	Closed			Closed																	
5:00 PM																									Closed			Closed								
6:00 PM					Open Play (4-7pm)					Open Play (4-7pm)					Closed																Closed					
7:00 PM	CLOSED			CLOSED			CLOSED			CLOSED			CLOSED									Closed												Closed		

Fall Schedule - Updated November 8, 2022

Drop-In Rates: Youth/Senior \$5.50 Adult \$7.50 Family \$18

Monthly Membership Rates: Youth/Senior \$50/\$40* Adult \$65/\$55* Family \$85/\$75*

(Youth age 3-17 , Adult age 18-61, Senior age 62+; Family Pass may include up to 5 Family Members)

*Discounted rate with ACH automatic withdrawal

Pool Use Descriptions

Family/Therapy Swim:

Mon-Fri 6am-12pm

Family open swim while sharing the pool with Columbia Memorial Hospital's physical therapy program. Please be respectful of others and supervise children 12 and under.

Lap Swim:

Mon-Fri 6am-12pm; 4pm-7pm

1 - 4 Lanes program dependent

Lap lanes are open to the public during these times. Please be prepared to share lanes; swimmers who wish to have a lane to themselves may reserve a lane for \$25 per hour, if space is available.

Aqua Aerobics:

Stretch & Strength

Mon/Wed/Fri 8:30am-9:30am

Water Exercise

Tues/Thurs 7am-8am

Aqua Aerobics classes in the lap pool. Stretch & Strengthen incorporates yoga stretches and resistance stretching and emphasizes good posture to maximize the benefits of an aquatic workout. Water Exercise class offers a medium intensity workout using equipment to tone muscles and increase endurance and flexibility.

Open Play:

Mon/Wed/Fri 4-7pm

Tues/Thurs 4-7pm (during lessons)

Saturday 11am-3pm

Swimmers under 9 must be accompanied with an adult in the water at all times and stay within an arm's reach unless they have passed a swim test and are wearing a blue wristband. Swimmers 9-12 will be given a green wristband and may swim unaccompanied. Children 12 and under must be accompanied by an adult within the facility for their safety.

Slide Open:

Saturday 12-3pm

Children must be at least 4 feet tall to ride the slide unaccompanied. Children shorter than 4 feet tall may go down on a parent's lap or take a swim test to ride unaccompanied. Life jackets are not allowed on the slide.

Coast Guard:

Tues/Thurs, 8-11am

The Coast Guard has three lanes reserved in the lap pool, three lanes remain available to the public at these times.