

## Aquatic Center Schedules and Lane Reservations

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	Lap	Lap	Lap	Lap	Lap	Closed	Closed
7:00 AM	Fam/Ther-apy Swim	Fam/Ther-apy Swim	Fam/Ther-apy Swim	Fam/Ther-apy Swim	Fam/Ther-apy Swim		
8:00 AM	Stretch & Strengthen (2 lanes) (8:30am-9:30am)	Water Exercise Coast Guard (3 Lanes)	Stretch & Strengthen (2 lanes) (8:30am-9:30am)	Water Exercise Coast Guard (3 Lanes)	Stretch & Strengthen (2 lanes) (8:30am-9:30am)	Closed	Closed
9:00 AM							
10:00 AM						Closed	Closed
11:00 AM							
12:00 PM						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		
2:00 PM						Closed	Closed
3:00 PM							
4:00 PM	Lap	Lap	Lap	Lap	Lap	Closed	Closed
5:00 PM	Open Play	Swim Lessons (2 lanes) Open Play	Open Play	Swim Lessons (2 lanes) Open Play	Open Play		
6:00 PM						Closed	Closed
7:00 PM	CLOSED		CLOSED		CLOSED		

### Fall Schedule - Effective September 6, 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-1pm**

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-1pm; 4pm-7pm 2 to 4 lanes program dependent**

**Saturday 11am-3pm**

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/hour, if space is available.

### Aqua Aerobics:

**Stretch & Strengthen**

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

**Water Exercise**

**Tues/Thurs 7am-8am**

Aqua Aerobics classes held 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 4pm-7pm**

**Tues/Thurs 5pm-7pm**

**Saturday 11am-3pm**

Swimmers under 9 must be accompanied by 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:

**Mon/Wed/Fri 4pm-7pm**

**Saturday 12pm-2:45pm**

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 8am-11am**

The Coast Guard has three lanes reserved in the lap pool during this time. Three lanes remain available to the public.