

# 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															
8:00 AM					Coast Guard (3 Lanes)				Coast Guard (3 Lanes)															
8:30 AM			Stretch & Strengthen - (2 lanes)					Stretch & Strengthen - (2 lanes)										Stretch & Strengthen - (2 lanes)						
9:30 AM																								
11:00 AM					Closed							Closed						Lap Swim	Open Play					
12:00 PM																					Slide Open			
1:00 PM	Closed				Lap	Rec Pool Closed	Swim Lessons/ Swim League (3 lanes)	Closed				Lap	Rec Pool Closed	Swim Lessons/ Swim League (3 lanes)	Closed									
2:00 PM	Closed							Closed							Closed									
3:00 PM	Closed							Closed							Closed									
4:00 PM	Lap	Open Play	Slide Open	Swim League 2 Lanes	Lap	Swim Lessons	Open Play	Lap	Open Play	Slide Open	Swim League 2 Lanes	Lap	Swim Lessons	Open Play	Lap	Open Play	Slide Open	Swim League 2 Lanes						
5:00 PM																								
6:00 PM																								

## Spring Schedule- Effective March 1

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 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:

**MWF 6am-1pm**

**Tues/Thurs 6am-11am**

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/Wed/Fri 6am-1pm; 4-7pm; 3 - 4 Lanes program dependent;**

**Tues/Thurs 6am- 11am, 1pm- 7pm; 4:30-7pm 2-4 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**

**MWF 8:30-9:30am**

**Water Exercise**

**Tues/Thurs 7-8am**

Water exercise classes in the lap pool. Monday/ Wednesday/ Fridays Incorporates yoga stretches and resistance stretching and emphasizes good posture to maximize the benefits of an aquatic workout. Tuesday/Thursday's class offers a medium intensity workout using equipment to tone muscles and increase endurance and flexibility

## Open Swim:

**MWF 4-7pm**

**Tues/Thurs 4:45-7pm**

**Sat 11am-3pm**

Swimmers under 8 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 under 12 and under must be accompanied by an adult within the facility for their safety.

## Waterslide Open:

**MTWF 4-7pm**

**Saturday 12-2:45pm**

## Coast Guard:

**Tue & Thurs, 8-10am**

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