

## Columbia Athletic Club

# Pool Schedule

## Hot water therapy/recreational pool

Effective **October 2, 2022**. Schedules may change. Visit facilities or go to [ColumbiaAssociation.org/pools](http://ColumbiaAssociation.org/pools). The water temperature in this 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. Reservations are required for Aqua Fitness classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am						Closed 6:30-7am	Closed 6:30-7am
7:00 am							
7:30 am	Open Swim 6:30-9:30am		Open Swim 6:30-9:30am	Open Swim 6:30-9:30am			
8:00 am						Open Swim 7am-11am	Open Swim 7am-11am
8:30 am							
9:00 am							
9:30 am							
10:00 am	Aqua Arthritis Reservation required 9:30-10:30am		Aqua Yoga Reservation required 9:30-10:15am	Aqua Arthritis Reservation required 9:30-10:30am			
10:30 am							
11:00 am		Aqua Arthritis Plus Reservation required 10:30-11:30am					Aqua Arthritis Reservation required 10:30-11:15am
11:30 am						Aqua Arthritis Reservation required 11:00-11:45am	
Noon							
12:30pm							
1:00pm							
1:30pm							
2:00pm							
2:30pm	Open with lane restrictions 10:30am-8:30pm	Open with lane restrictions 6:30am-6:30pm	Open with lane restrictions 10:15am-8:30pm	Open with lane restrictions 10:30am-4pm	Open with lane restrictions Noon-5:30pm	Open Swim 11:45am-5pm	Open Swim 11:45am-5pm
3:00pm							
3:30pm							
4:00pm							
4:30pm			Aqua Ai Chi Reservation required 4-4:45pm	Aqua Yoga Reservation required 4-4:45pm			
5:00pm							
5:30pm							
6:00pm							
6:30pm							
7:00pm		Aqua Arthritis Reservation required 6:30-7:15pm					
7:30pm							
8:00pm		Open Swim 7:15-8:30pm					
8:30pm							
9:00pm							
9:30pm	Closed	Closed	Closed	Closed	Closed		
10:00pm							