

# Supreme Sports Club indoor pool



**EFFECTIVE:** September 6, 2011 **NOTE:** Schedules may change on the first day of each month. Visit facilities or go to [ColumbiaPools.org](http://ColumbiaPools.org) and click on Classes for updated schedules. The Supreme Sports Club will normally have some lanes available for lap swimming. The Wading Pool is open, whenever the Main Pool is open. Call 410-381-5355 for details. For your health and safety, children under the age of 3 are required to wear swim diapers. Aerobic classes are 55 minutes. Schedules around aerobic classes may be altered by 5 minutes to give the staff time to set up the pool. \* 3 lanes available for lap swimming. If the aerobic class has less than 20 participants, a 4th lap lane will be available.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am							
5:30 am							
6:00 am	Laps	Laps	Laps	Laps	Laps	Swim Team	Closed
6:30 am	Only	Only	Only	Only	Only	5-7am	
7:00 am	5-9am	5-10am	5-9am	5-10am	5-9am		
7:30 am						Laps Only	Laps Only
8:00 am						7-10am	7-10am
8:30 am							
9:00 am							
9:30 am							
10:00 am	Laps		Laps		Laps		
10:30 am	and	Laps*/Aqua Fitness	and	Laps*/Aqua Fitness	and	Laps*/Aqua Fitness	Laps*/Aqua Fitness
11:00 am	Rec Swim	10-11am	Rec Swim	10-11am	Rec Swim	10-11am	10-11am
11:30 am	9am-3pm	Laps	9am-3pm	Laps	9am-3pm		
Noon		and		and			
12:30 pm		Rec Swim		Rec Swim			
1:00 pm		11am-3:30pm		11am-3:30pm			
1:30 pm						Laps,	Laps
2:00 pm						Rec Swim	and
2:30 pm						11am-7pm	Rec Swim
3:00 pm							11am-5pm
3:30 pm							Pool Closes
4:00 pm							5pm
4:30 pm	Laps and	Laps and	Laps and	Laps and	Laps and		
5:00 pm	Swim Team	Swim Team	Swim Team	Swim Team	Swim Team		
5:30 pm	3-7:30pm	3:30-7:30pm	3-7:30pm	3:30-7:30pm	3-8pm		Swim Team
6:00 pm							Lifeguard
6:30 pm							Training
7:00 pm							5-8pm
7:30 pm							Closed to Public
8:00 pm						Closed	
8:30 pm	Laps/Master's		Laps/Master's	Laps/Master's	Laps/Rec Swim		
9:00 pm	7:30-9pm	Laps and Rec	7:30-9pm	7:30-9pm	8-9pm		Closed
9:30 pm		7:30-10pm					
9:30 pm	Laps Only	7:30-8:30pm	Laps Only	Laps Only	Closed		
10:00 pm	9-10pm	2-3 Lanes for	9-10pm	9-10pm			
		Aqua Fitness					