

schedules indoor swimming **Supreme Sports Club**

EFFECTIVE: September 7, 2010 **NOTE:** Schedules may change on the first day of each month. Visit facilities or go to 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-3:30pm | Laps | 9am-3:30pm | | |
| Noon | | and | | and | | | |
| 12:30 pm | | Rec Swim | | Rec Swim | | | |
| 1:00 pm | | 11am-3:30pm | | 11am-3pm | | | |
| 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 | | |
| 5:00 pm | Swim Team | Laps and | Swim Team | Laps and | Swim Team | | |
| 5:30 pm | 3-6:30pm | Swim Team | 3:30-6:30pm | Swim Team | 3:30-7:30pm | | Swim Team |
| 6:00 pm | | 3:30-7:30pm | | 3-7:30pm | | | Lifeguard |
| 6:30 pm | | | | | | | Training |
| 7:00 pm | Laps*/Aqua Fitness | | Laps* | | | | 5-8pm |
| 7:30 pm | 6:30-7:30pm | | 6:30-7:30pm | | | | Closed to Public |
| 8:00 pm | Laps/Master's | Laps and Rec | Laps/Master's | Laps/Master's | Laps/Rec Swim | Closed | |
| 8:30 pm | 7:30-9pm | 7:30-10pm | 7:30-9pm | 7:30-9pm | 7:30-9pm | | Closed |
| 9:00 pm | | | | | | | |
| 9:30 pm | Laps Only | | Laps Only | Laps Only | Closed | | |
| 10:00 pm | 9-10pm | | 9-10pm | 9-10pm | | | |