CA Indoor Pools
For complete schedules for all pools, visit ColumbiaAssociation.org/pools.

**Columbia Athletic Club • 410-730-6744**
5435 Beaverkill Road, Columbia
ColumbiaAssociation.org/athleticclub
Hot water therapy pool hours:
Mon-Fri, 6:30am-8:30pm; Sat-Sun, 7am-5pm

**Columbia Gym • 410-531-0800**
6151 Daylong Lane, Clarksville
ColumbiaAssociation.org/columbiagym
Pool hours:
Mon-Thu, 5am-10pm; Fri, 5am-9pm; Sat, 6am-7pm; Sun, 6am-6pm
Swim lessons: Mon/Wed, 6:30-8:30pm; Sun, 11am-1:30pm

**Supreme Sports Club • 410-381-5355**
7080 Deepage Drive, Columbia
ColumbiaAssociation.org/supreme
Pool hours:
Mon-Thu, 5am-10pm; Fri, 5am-9pm; Sat, 7am-7pm; Sun, 7am-5pm

**Columbia Swim Center • 410-730-7000**
10400 Cross Fox Lane, Columbia
ColumbiaAssociation.org/pools
Pool hours:
Mon-Fri, 5:30am-8:30pm; Sat, 7am-6pm; Sun, 7am-5pm
30+ Swim: Mon-Fri, 2:30-3:30pm
SplashDown (opens Saturday, October 12): Sat, 1:30-6pm; Sun, noon-5pm
Swim lessons: Tue/Thu, 6:30-8:30pm; Sat, 9am-1pm

**Aquatics office • 410-312-6332**
9450 Gerwig Lane, Columbia
ColumbiaAssociation.org/pools
Office hours:
Mon-Fri, 9am-5pm
Columbia Clippers (410-381-0020): Mon-Fri, 9am-2pm

**Inclement weather**
Columbia Athletic Club, Columbia Gym, Columbia Swim Center’s Program Pool, and Supreme Sports Club remain open for thunder and lightning. Columbia Swim Center’s Main Pool will remain closed for 30 minutes after the last report of thunder or lightning. **Call CA’s Inclement Weather Hotline at 410-715-3154 to check class status.**
For a complete pool schedule, including open recreation swim time availability, visit ColumbiaAssociation.org/pools.

<table>
<thead>
<tr>
<th></th>
<th>Columbia Gym</th>
<th>Swim Center Main Pool</th>
<th>Swim Center Program Pool</th>
<th>Supreme Sports Club</th>
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</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td>5-9:25am; 5-6:30pm</td>
<td>5:30-7:55am; 9am-2:30pm; 5-8:30pm</td>
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<td><strong>Tuesday</strong></td>
<td>5-9:25am; 5-6:30pm</td>
<td>5:30-9am; 10am-2:30pm; 5-6:25pm</td>
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<td><strong>Wednesday</strong></td>
<td>5-9:25am; 5-6:30pm</td>
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<tr>
<td><strong>Saturday</strong></td>
<td>6-8:55am</td>
<td>7-8:55am</td>
<td>7-10am; 1:30-6pm</td>
<td>7am-7pm</td>
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<tr>
<td><strong>Sunday</strong></td>
<td>6-10:55am</td>
<td>7-11:45am</td>
<td>10am-5pm</td>
<td>7am-5pm</td>
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</tbody>
</table>
Scuba

Held at Columbia Swim Center

Become certified to dive anywhere in the world!
Instruction and certification provided by Columbia Scuba.

Call 410-381-1994 for more information.

Adult and 30+ Swim

Mon-Fri
2:30-3:30pm

Columbia Swim Center
410-730-7000

CA members, free
Columbia Cardholders. $8

Open exclusively to adults ages 30 and older for laps or recreational swimming.

Adult
30+
Swim
CA is committed to providing quality swimming lessons for members and residents. Lessons are available indoors at Columbia Gym and Columbia Swim Center. Swim lessons are offered in six- or 12-week sessions, with the week immediately following the session as a makeup week or extra lesson. Please visit ColumbiaAssociation.org/pools and click on “Swim Lessons” for a list of class schedules.

**Little One and Me**

Parent/caregiver participation in the water required. For children ages 6 months to 3 years.

This class is about water discovery and adjustment, safety and the basics of swimming, including relaxing on the belly and back and getting the head and face wet. Lessons are 25 minutes, once per week.

**Bronze**

For ages 3-5. Children will be in the water without a parent or caregiver.

Students will work on floating, kicking, blowing bubbles, retrieving objects from under the water, and jumping into deep water without assistance. Lessons are 25 minutes, once per week.

**Silver**

For children ages 5-12 who are comfortable in the water and floating on their front without assistance.

Students will work on floating on their front and back independently, freestyle arms, streamline glides on their front and back, and kicking on their back.

Lessons are 25 minutes, once per week.

**Gold**

For children ages 5-12 who are comfortable under the water, are working on side breathing, and can swim a minimum of five yards independently.

Students will work on swimming freestyle and backstroke up to 10 yards in a strong fashion with coordinated side breathing, treading water, streamline glides, and jumping into water where they cannot touch, without assistance.

Lessons are 25 minutes, once per week.

**Diamond**

For children ages 6-12 who can fulfill the objectives of the Gold lessons.

Students will work on swimming freestyle and backstroke independently for 25 yards, breaststroke technique, and sitting/kneeling dives.

Lessons are 25 minutes, once per week.

**Platinum**

For children ages 6-12 who can swim a minimum of 25 yards in freestyle and backstroke without stopping, as well as 10 yards breaststroke unassisted.

Students will work on

*Continued on page 6*
**SplashDown** Must be at least 4 feet tall

**Little Splashers** Ages 6 and younger

**includes**
- Admission for 10 participants
- Can purchase additional, up to 20 people total.
- Unlimited rides • Table reservation for 1 hour and 45 minutes
- Ice cream • Decorated theme cake with candles
- Drinks with unlimited refills • Chips and pretzels
- Pizza (two pizzas with 10-15 guests, three pizzas with 16-20 guests)

**party times**
- Saturdays, 2pm or 4pm • Sundays, noon or 2pm

For pricing, visit ColumbiaAssociation.org/pools.

**D.I.Y.**

Create your celebration the way you want it! Bring your own food, beverages, cake and decorations. Parties include reserved tables for two hours and activity for up to 10 participants. Non-participating guests are free.

For more information and party availability, call Columbia Swim Center at 410-730-7000.
swimming freestyle in a strong fashion for 50 yards; swimming backstroke, breaststroke and butterfly for 25 yards; somersaults in the water; and kneeling/standing dives. Lessons are 25 minutes, once per week.

**Stroke Clinic**
For children ages 6-14 who can fulfill the objectives of the Platinum lessons. Students will work on swimming 50 yards of all four strokes, as well as starts and turns. Lessons are 45 minutes, once per week.

**Swim Team Prep**
For swimmers ages 9-15 who can swim all four strokes for 50 yards and are comfortable with a standing and racing dive. Students will focus on improving technique, speed, and endurance, as well as racing dives, flip turns and open turns. This class will be run like a swim league practice with drills, laps and outside-of-the-water instruction. Participation is not a guarantee that a swimmer will be eligible to join a year-round competitive swim team. Lessons are 60 minutes, twice per week.

**Teen and Adult Lessons**
For swimmers ages 13 and older. Lessons can be tailored to the participants in the class and can focus on building confidence in the water, learning safety skills, swimming a coordinated stroke, and improving stroke technique and efficiency. Lessons are 25 minutes, once per week.

**One-on-One Lessons**
For swimmers of all ages. Lessons can be tailored based on each individual’s age and goals. Lessons are 15 minutes, once per week.

**Personal Swim Training**
For swimmers of all ages. 30-minute, individual lessons with a qualified instructor. Designed for adult triathletes, fitness swimmers, and beginners. Lessons can be tailored based on each individual’s age and goals. Students can enroll for one, three or six sessions.

**Registration**
For registration assistance, please call the Aquatics office at 410-312-6332.

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**Makeup Policy**
Makeup classes are held the week following each session in case of a student’s illness or a facility closing.

**Cancellation Policy**
A $10 fee will be assessed if a student cancels three days or less before the start of a group, individual, clinic or prep class. To reschedule a personal swim training session, students must notify the instructor at least 24 hours beforehand.

**Trainer/Instructor Policy**
All lessons, training and other similar business activities that are conducted in Columbia Association-owned facilities must be conducted solely and exclusively by employees or independent contractors of CA. CA strongly and vigorously enforces this policy. Members who violate this policy will be subject to suspension and possible termination of membership status.
Adult-oriented swim program combining instruction with competitive training. Great for triathletes, competitive swimmers and fitness swimmers.

**Level 1** • Beginner swimmer, one mile in 60 minutes or more
**Level 2** • Intermediate swimmer, one mile in 30-60 minutes
**Level 3** • Advanced swimmer, one mile in 30 minutes or less

Dedicated lanes and professional coaching at every practice.

Fees and full practice schedule are available at ColumbiaAssociation.org/pools. For more information, email CAMastersSwim@ColumbiaAssociation.org or call 410-312-6332. Must become a USMS member (fee extra).

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**TRIATHLON SWIM TRAINING**

Triathlon-specific swim training with a focus on building freestyle and open water swim techniques. Workouts will also focus on building endurance and performance.

**Advanced** • Tue, 5:15-6:45am
**Beginner** • Tue, 6:45-7:45am

Supreme Sports Club, 410-381-5355

Schedules and registration are available online at ColumbiaAssociation.org/pools. For more information or registration assistance, please call the Aquatics office at 410-312-6332.
AQUA FITNESS

All classes are 55 minutes unless otherwise noted. Fees, schedules and instructors subject to change. For more information, email Group.Fitness@ColumbiaAssociation.org. Must be at least 14 years old to participate in aqua exercise classes. Members ages 11-13 may attend aqua exercise classes only if accompanied by a parent or guardian for the entire class. For a complete class schedule, visit ColumbiaAssociation.org/pools.

Ai Chi
Gentle mind and body exercises in warm water.
*Only offered at Columbia Athletic Club. (45 minutes)*

Aqua Fitness
Cardio, flexibility and muscle conditioning in shallow water.
*Offered at Columbia Gym, Columbia Swim Center, and Supreme Sports Club.*

Aqua Arthritis
Gentle exercises to help decrease pain and stiffness. Free for members, $10 per class for Columbia Cardholders, $25 per class for non-members.
*Only offered at Columbia Athletic Club. (45 minutes)*

Aqua Arthritis Plus
Gentle exercises from Aqua Arthritis, plus increased endurance phase. Free for members. $10 per class for Columbia Cardholders, $25 per class for non-members.
*Only offered at Columbia Athletic Club. (45 minutes)*

Aqua Zumba®
All of the fun of Zumba® and the intensity of dance movements with the support and resistance of the water.
*Only offered at Columbia Gym.*

Deep Water Fitness
Water exercises in the deep end of the pool. Floatation belts available. Free for CA Fit&Play, Golf Fit&Play, Play, and 5Day Golf&Play members; additional fee for other CA members, Columbia Cardholders and non-members.
*Only offered at Columbia Swim Center.*

LaBlast™ Splash
Dance and tone in the water to a variety of music styles. Learn basic ballroom moves in this full-body cardio and strength endurance workout.
*Offered at Columbia Swim Center and Haven on the Lake.*

Haven on the Lake classes
Aqua Barre, Aqua Circuit, Aqua Fusion, Aqua Pilates, Aqua Spin, Aqua Yoga, and LaBlast™ Splash. For more info, please visit HavenontheLake.org or email Group.Fitness@ColumbiaAssociation.org.

Inclement Weather Policy
See page 1 for policy.

Aqua BogaFit Board Classes
Yoga and toning on an aqua balance board. Improve your balance, increase your flexibility, build strength, and improve coordination. Fee for all attendees.
*Contact Group.Fitness@ColumbiaAssociation.org for more information.*
No inner tube needed, just slide down!
SplashDown is open to the public and offers twisting, turning, wet and wild fun. Must be at least 4 feet tall. Also available are a snack bar, rope swing, diving board and recreational swimming in the program pool.

Saturdays, 1:30-6pm • Sundays, noon-5pm
For more information, call 410-730-7000.
CA Fit&Play, Play, 5Day Golf&Play, and Golf Fit&Play members, free
Other CA members, $5 • Columbia Cardholders, $10 • non-members, $15

SplashDown with a twist!
Snack-n-Slide

Admission includes chips, small drink and ice cream cup.
CA Fit&Play, Play, 5Day Golf&Play, and Golf Fit&Play members, $3
Other CA members, $8
Columbia Cardholders, $13
Non-members, $18
For more information, visit ColumbiaPools.org.