

# Columbia Athletic Club Pool Schedule



## Hot water therapy/recreational pool

Effective **September 1, 2019**. Schedules may change. Visit facilities or go to **ColumbiaAssociation.org/pools**. The water temperature of 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. Lap or recreational swimming is not allowed during class time. Schedules around group fitness classes may be altered by five minutes to allow staff time to set up the pool.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am							
7:00 am		Open Swim 6:30-7:30am			Open Swim 6:30-7:30am	Closed 6:30-7am	Closed 6:30-7am
7:30 am							
8:00 am	Open Swim 6:30-9:30am	Open with lane restrictions	Open Swim 6:30-9:30am	Open Swim 6:30-10am	Open with lane restrictions	Open Swim 7-10am	Open Swim 7-10am
8:30 am							
9:00 am							
9:30 am							
10:00 am	Arthritis 9:30-10:15am	Arthritis 10-10:45am	Arthritis 9:30-10:15am	Arthritis 10-10:45am	Arthritis 9:30-10:15am	Arthritis 10-10:45am	Ai Chi 10-10:45am
10:30 am	Open Swim 10:15-11am						
11:00 am							
11:30 am							
Noon	Arthritis Plus 11:30-12:15am		Arthritis Plus 11:30-12:15am		Arthritis Plus 11:30am-12:15pm		
12:30pm							Private Watsu \$ 11am-1pm
1:00pm					Pivot Physical Therapy 7am-3:30pm	Private Watsu \$ 1-3pm	Open with pool space restrictions 10:45am-5pm
1:30pm					Open with lane restrictions		
2:00pm							
2:30pm							
3:00pm	Pivot Physical Therapy 12:15-8pm	Pivot Physical Therapy 7:30am-8pm	Pivot Physical Therapy 12:15-8pm	Pivot Physical Therapy 10:45am-8pm			
3:30pm	Open with lane restrictions	Open with lane restrictions	Open with lane restrictions	Open with lane restrictions			
4:00pm							
4:30pm							
5:00pm					Open Swim 3:30-8:30pm		
5:30pm							
6:00pm							
6:30pm	Arthritis 6:30-7:15pm		Arthritis 6:30-7:15pm				
7:00pm							
7:30pm	Open with lane restrictions		Open Swim 7:15-8:30pm				
8:00pm	Open Swim	Open Swim		Open Swim		Pool closes at 5pm	Pool closes at 5pm
8:30pm							
9:00pm	Pool closes at 8:30pm	Pool closes at 8:30pm	Pool closes at 8:30pm	Pool closes at 8:30pm	Pool closes at 8:30pm		
9:30pm							
10:00pm							