

# Supreme Sports Club Pool Schedule

Effective **September 16, 2019**. NOTE: Schedules may change. Visit facilities or go to [ColumbiaAssociation.org/pools](http://ColumbiaAssociation.org/pools) and click on Classes for updated schedules. 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 three are required to wear swim diapers. Aerobic classes are 55 minutes. Schedules around aerobic classes may be altered by five minutes to give the staff time to set up the pool.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 am							
5:30 am							
6:00 am		Triathlete Training (Five lanes) 5:15-7:45am					
6:30 am	Laps and Water Jogging 5-9am		Laps and Water Jogging 5-9am		Laps and Water Jogging 5-9am	Swim Team Only 5:30-7am	Closed 5-7am
7:00 am		Laps and Water Jogging 5-10am		Laps and Water Jogging 5-10am			
7:30 am							Swim Team and Laps 7-8:30am (Four lanes each)
8:00 am						Laps and Water Jogging 7-10am	
8:30 am							Laps and Water Jogging 8:30-10am
9:00 am							
9:30 am							
10:00 am							
10:30 am		Laps (three lanes) & Aqua Fitness 10-11am		Laps (three lanes) & Aqua Fitness 10-11am		Laps (three lanes) & Aqua Fitness 10-11am	Laps (three lanes) & Aqua Fitness 10-11am
11:00 am							
11:30 am	Laps and Rec Swim 9am-3pm (Two lanes for Rec Swim)		Laps and Rec Swim 9am-3pm (Two lanes for Rec Swim)		Laps and Rec Swim 9am-3pm (Two lanes for Rec Swim)		
Noon		Laps and Rec Swim 11am-3:30pm (Two lanes for Rec Swim)		Laps and Rec Swim 11am-3:30pm (Two lanes for Rec Swim)			Laps and Rec Swim 11am-5pm (Two lanes for Rec Swim) Hot tub closes at 4:45pm
12:30 pm						Laps and Rec Swim 11am-7pm (Two lanes for Rec Swim)	
1:00 pm							
1:30 pm							
2:00 pm							
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm	Swim Team and Laps 3-7:30pm (Five lanes for Swim Team, three lanes for Laps; no Rec Swim)	Swim Team and Laps 3:30-8:45pm (Five lanes for Swim Team, three lanes for Laps; no Rec Swim)	Swim Team and Laps 3-7:30pm (Five lanes for Swim Team, three lanes for Laps; no Rec Swim)	Swim Team and Laps 3:30-8:45pm (Five lanes for Swim Team, three lanes for Laps; no Rec Swim)	Swim Team and Laps 3-8pm (Five lanes for Swim Team, three lanes for Laps; no Rec Swim)		Swim Team Only 5-6:30pm
5:00 pm							
5:30 pm							
6:00 pm							
6:30 pm							
7:00 pm							
7:30 pm							
8:00 pm	Masters and Laps 7:30-8:45pm (Four lanes for Masters, four lanes for Laps; no Rec Swim)		Masters and Laps 7:30-8:45pm (Four lanes for Masters, four lanes for Laps; no Rec Swim)				
8:30 pm					Laps and Water Jogging 8-9pm Hot tub closes at 8:30pm	Pool closes at 7pm	Pool closes at 6:30pm
9:00 pm	Laps and Water Jogging 8:45-10pm	Laps and Rec Swim 8:45-10pm (Two lanes for Rec Swim) Hot tub closes at 8:30pm	Laps and Water Jogging 8:45-10pm	Laps and Rec Swim 8:45-10pm (Two lanes for Rec Swim)			
9:30 pm							
10:00 pm							