

# Columbia Athletic Club

# Pool Schedule

## Hot water therapy/recreational pool

Effective **October 1, 2020**. Schedules may change. Visit facilities or go to [ColumbiaAssociation.org/pools](http://ColumbiaAssociation.org/pools). The water temperature in 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. Reservations are for 55 minutes; maximum 10 participants.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:30 am					Open Swim Reservation required 6:30-7:30am	Closed 6:30-7am	Closed 6:30-7am
7:00 am							
7:30 am	Open Swim Reservation required 6:30am-9:30am	Open Swim Reservation required 6:30-9:30am		Open Swim Reservation required 6:30-9:30am			
8:00 am							
8:30 am						Open Swim Reservation required 7-11am	Open Swim Reservation required 7-11am
9:00 am							
9:30 am							
10:00 am	Aqua Arthritis Reservation required 9:30-10:30am		Open Swim Reservation required 6:30am-12:30pm	Aqua Arthritis Reservation required 9:30-10:30am			
10:30 am							
11:00 am	Open Swim Reservation required 10:30am-12:30pm	Open Swim Reservation required 10:30-12:30pm		Open Swim Reservation required 10:30-12:30pm			
11:30 am							
Noon						Open with lane restrictions Reservation required 11am-1pm	Private Watsu \$ 11am-1pm
12:30 pm							Open with lane restrictions Reservation required 11am-1pm
1:00 pm	Closed 12:30-1:30pm	Closed 12:30-1:30pm	Closed 12:30-1:30pm	Closed 12:30-1:30pm	Closed 12:30-1:30pm		
1:30 pm						Closed 1-1:30pm	Closed 1-1:30pm
2:00 pm	Seniors (60+) Only Reservation required 1:30-3:30pm	Seniors (60+) Only Reservation required 1:30-3:30pm	Seniors (60+) Only Reservation required 1:30-3:30pm	Seniors (60+) Only Reservation required 1:30-3:30pm	Seniors (60+) Only Reservation required 1:30-3:30pm	Private Watsu \$ 1-3pm	Seniors (60+) Only Reservation required 1:30-3:30pm
2:30 pm							
3:00 pm							
3:30 pm							
4:00 pm							
4:30 pm						Open with lane restrictions Reservation required 3:30-5pm	Open with lane restrictions Reservation required 3:30-5pm
5:00 pm							
5:30 pm	Pivot Physical Therapy 12:15-8pm	Pivot Physical Therapy 7:30am-8pm	Pivot Physical Therapy 12:15-8pm	Pivot Physical Therapy 10:45am-8pm			
6:00 pm	Open with lane restrictions Reservation required 3:30-8:30pm	Open with lane restrictions Reservation required 3:30-8:30pm	Open with lane restrictions Reservation required 3:30-8:30pm	Open with lane restrictions Reservation required 3:30-8:30pm	Open Swim Reservation required 3:30-5:30pm		
6:30 pm						Aqua Arthritis Reservation required 5:30-6:15pm	
7:00 pm							
7:30 pm							
8:00 pm						Open Swim Reservation required 6:15-8:30pm	
8:30 pm							
9:00 pm							
9:30 pm	Closed	Closed	Closed	Closed	Closed	Closed	Closed
10:00 pm							