


**SPCC THERAPY POOL SCHEDULE**  
**December 19, 2022 – January 1, 2023**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	CLOSED	Wellspring Swim Gentle Joints	CLOSED	Wellspring Swim Gentle Joints	CLOSED	CLOSED	 <p style="writing-mode: vertical-rl; transform: rotate(180deg);">Merry Christmas and Happy New Year!</p>
9:00-10:00	Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	
10:00-11:00	Wellspring Swim	Physical Therapy Arthritis	Physical Therapy Wellspring Swim	Physical Therapy Arthritis	Physical Therapy Wellspring Swim	Wellspring Swim	
11:00-12:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Arthritis (11:30-12:30) Wellspring Swim	
12:00-1:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Arthritis (11:30-12:30) Wellspring Swim	
1:00-2:00	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Wellspring Swim	
2:00-3:00	Arthritis	Physical Therapy Wellspring	Arthritis	Physical Therapy Wellspring	Arthritis (2:30 – 3:30) Wellspring Swim	CLOSED	
3:00-4:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Arthritis (2:30 – 3:30) Wellspring Swim	CLOSED	
4:00-5:00	Wellspring Swim	Physical Therapy (until 4:30)	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim ONLY	CLOSED	
5:00-6:00	Wellspring Swim	Wellspring Swim	Wellspring Swim	Private Swim Lessons Wellspring Swim	Wellspring Swim	CLOSED	
6:00-7:00	Wellspring Swim (6:00-7:30) Total Joint and Lower Back (6:30-7:30)	Wellspring Swim (6:30-7:30) Arthritis (6:30-7:30)	Wellspring Swim (6:00-7:30) Total Joint and Lower Back (6:30-7:30)	Wellspring Swim (6:30-7:30) Arthritis (6:30-7:30)	CLOSED	CLOSED	
7:00-7:30	Total Joint and Lower Back Wellspring Swim	Arthritis Wellspring Swim	Total Joint and Lower Back Wellspring Swim	Arthritis Wellspring Swim	CLOSED	CLOSED	

**ALL PATRONS MUST MAKE A RESERVATION TO USE THE THERAPY POOL.**

For details, please visit [www.spcommunitycenter.org](http://www.spcommunitycenter.org)

Wellspring Swim is “open” swim in the Therapy Pool. (18 & over)

Infants and Children 3 & under are allowed in the pool during Wellspring Swim unless designated “only.”

Private swim lessons may be held during Wellspring Swim times unless designated “only.”

During times that Arthritis is scheduled, Wellspring is 18 and over except for private lessons.

Please visit [www.spcommunitycenter.org](http://www.spcommunitycenter.org) for aquatic news.

**CLOSED: Saturday, December 24 and Saturday, December 31 at 2:00pm**

## Reservation Times

1. All swimmers must make a reservation to use the Therapy pool. You may make reservations up to 2 weeks in advance.
2. Reservations may be made online through your individual portal upon an initial one-time invitation from the front desk at [www.spcc.ezfacility.com](http://www.spcc.ezfacility.com), or through our front desk staff from 8:00 a.m. – 8:00 p.m. You may contact the front desk in person or by telephone at (410) 647-5843.
3. Please consult the Therapy pool schedule for available Wellspring swim and water fitness class times. 24 hours' notice is required to cancel a reservation. Patrons will be charged if cancellation occurs within 24 hours of their reservation time.
4. Everyone must check in at the front desk for each visit. You will be required to sign a one-time waiver on your first visit.
5. During times that Arthritis is scheduled, Wellspring is 18 and over except for private lessons.
6. Check your online portal or call the front desk for current

**Arthritis:** T/Th 10:00 -11:00 am  
6:30 – 7:30 pm  
M/W 2:00 – 3:00 pm  
Friday 2:30 – 3:30pm  
Saturday 11:30-12:30 pm

**Gentle Joints:** T/TH 8:00-9:00 a.m.

### Wellspring Swim

#### Monday

- 9:00 – 10:00am (15 persons)
- 10:00 – 11:00am (15 persons)
- 11:00 – 12:00pm (15 persons)
- 12:00 – 1:00pm (15 persons)
- 1:00 – 2:00pm (15 persons)
- 3:00 – 4:00pm (15 persons)
- 4:00 – 5:00pm (10 persons)
- 5:00 – 6:00pm (10 persons)
- 6:00 – 7:30pm (5 persons)

#### Tuesday/ Thursday

- 8:00-9:00am (6 persons)
- 9:00-10:00am (8 persons)
- 11:00 – 12:00pm (8 persons)
- 12:00 – 1:00pm (2 persons)
- 1:00 – 2:00pm (6 persons)
- 2:00 – 3:00pm (2 persons)
- 3:00 – 4:00pm (2 persons)
- 4:00 – 5:00pm (2 persons)
- 5:00 – 6:00pm (10 persons)
- 6:00 – 7:30pm (5 persons)

#### Wednesday

- 9:00 – 10:00am (5 persons)
- 10:00 – 11:00am (5 persons)
- 11:00 – 12:00pm (15 persons)
- 12:00 – 1:00pm (15 persons)
- 1:00 – 2:00pm (15 persons)
- 3:00 – 4:00pm (15 persons)
- 4:00 – 5:00pm (10 persons)
- 5:00 – 6:00pm (10 persons)
- 6:00 – 7:30pm (5 persons)

#### Friday:

- 9:00 – 10:00am (5 persons)
- 10:00 – 11:00am (5 persons)
- 11:00 – 12:00pm (15 persons)
- 12:00 – 1:00pm (15 persons)
- 1:00 – 2:00pm (15 persons)
- 2:00 – 3:00pm (6 persons)
- 3:00 – 4:00pm (6 persons)
- 4:00 – 5:00pm (15 persons)
- 5:00 – 6:00pm (15 persons)

#### Saturday:

- 9:00 – 10:00am (15 persons)
- 10:00 – 11:00am (15 persons)
- 11:00 – 12:00pm (5 persons)
- 12:00 – 1:00pm (5 persons)
- 1:00 – 2:00pm (15 persons)
- 2:00 – 3:00pm (15 persons)
- 3:00 – 4:00pm (15 persons)
- 4:00 – 5:00pm (15 persons – Wellspring only)