

**SPCC THERAPY POOL SCHEDULE
December 5 – December 11, 2022**

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------|---|---|---|---|--|---|--|
| 8:00-9:00 | CLOSED | Wellspring Swim Gentle Joints | CLOSED | Wellspring Swim Gentle Joints | CLOSED | Swim Lessons (start at 8:30) | CLOSED |
| 9:00-10:00 | Wellspring Swim | Physical Therapy Wellspring Swim | Physical Therapy Wellspring Swim | Physical Therapy Wellspring Swim | Physical Therapy Wellspring Swim | Swim Lessons | CLOSED |
| 10:00-11:00 | Wellspring Swim | Physical Therapy Arthritis | Physical Therapy Wellspring Swim | Physical Therapy Arthritis | Physical Therapy Wellspring Swim | Swim Lessons SEALS (10:30-11:00) | CLOSED |
| 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 | CLOSED |
| 12:00-1:00 | Wellspring Swim | Physical Therapy Wellspring Swim | Wellspring Swim SEALS Swim Lessons | Physical Therapy Wellspring | Wellspring Swim | Swim Lessons (until 11:30 Arthritis (11:30-12:30) Wellspring Swim | CLOSED |
| 1:00-2:00 | Wellspring Swim | Physical Therapy Wellspring | Wellspring Swim | Physical Therapy Wellspring | Wellspring Swim | Wellspring Swim ONLY | Private Swim Lessons Wellspring Swim |
| 2:00-3:00 | Arthritis | Physical Therapy Wellspring | Arthritis | Physical Therapy Wellspring | Arthritis (2:30 – 3:30) Wellspring Swim | Lifeguard Class | Private Swim Lessons Wellspring Swim |
| 3:00-4:00 | Wellspring Swim | Physical Therapy Wellspring Swim | Wellspring Swim | Physical Therapy Wellspring Swim | Arthritis (2:30 – 3:30) Wellspring Swim Private Swim Lessons | Lifeguard Class | Wellspring Swim ONLY |
| 4:00-5:00 | Wellspring Swim | Physical Therapy (4:30) Wellspring Swim | Wellspring Swim | Physical Therapy (4:30) Wellspring Swim | Wellspring Swim Private Swim Lessons | Lifeguard Class | CLOSED |
| 5:00-6:00 | Wellspring Swim Swim Lessons | Wellspring Swim Swim Lessons | Wellspring Swim Swim Lessons | Wellspring Swim Swim Lessons | Wellspring Swim Private Swim Lessons | CLOSED | CLOSED |
| 6:00-7:00 | SEALS (until 6:30) Wellspring Swim (6:00-7:30) Total Joint and Lower Back (6:30-7:30) | SEALS (until 6:30) Wellspring Swim (6:30-7:30) Arthritis (6:30-7:30) | SEALS (until 6:30) Wellspring Swim (6:00-7:30) Total Joint and Lower Back (6:30-7:30) | SEALS (until 6:30) Wellspring Swim (6:30-7:30) Arthritis (6:30-7:30) | CLOSED | 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 | CLOSED |

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

For details, please visit 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 for aquatic news.

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, 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 onetime 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 (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 (6 persons)
- 5:00 – 6:00pm (2 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 (5 persons)
- 2:00 – 3:00pm (2 persons)
- 3:00 – 4:00pm (2 persons)
- 4:00 – 5:00pm (2 persons)
- 5:00 – 6:00pm (5 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 (6 persons)
- 1:00 – 2:00pm (15 persons)
- 3:00 – 4:00pm (15 persons)
- 4:00 – 5:00pm (6 persons)
- 6:00 – 7:30pm (6 persons)

Friday:

- 9:00 – 10:00am (6 persons)
- 10:00 – 11:00am (6 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:

- 11:00 – 12:00pm (5 persons)
- 12:00 – 1:00pm (5 persons)
- 1:00 – 2:00pm (15 persons – Wellspring only)

Sunday:

- 1:00 – 2:00pm (15 persons)
- 2:00 – 3:00pm (15 persons)
- 3:00 – 4:00pm (15 persons – Wellspring only)