

SPCC THERAPY POOL SCHEDULE

June 29 – July 31, 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 Swim Lessons | Physical Therapy Arthritis | Physical Therapy Swim Lessons | Physical Therapy Arthritis | Physical Therapy Wellspring Swim | Swim Lessons | 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 | Physical Therapy Wellspring | Wellspring Swim | Arthritis (11:30-12:30) Wellspring | CLOSED |
| 1:00-2:00 | Wellspring Swim | Physical Therapy Wellspring | Wellspring Swim | Physical Therapy Wellspring | Wellspring Swim | Wellspring Swim | Private Swim Lessons Swim Lessons Wellspring Swim |
| 2:00-3:00 | Arthritis | Physical Therapy Wellspring | Arthritis | Physical Therapy Wellspring | Arthritis (2:30 – 3:30) | Wellspring Swim | 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 | Wellspring Swim | 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 ONLY | Wellspring Swim ONLY | CLOSED |
| 5:00-6:00 | Wellspring Swim Swim Lessons (5:30-7:00) | Wellspring Swim Lessons (5:30-6:30) | Wellspring Swim Swim Lessons (5:30-7:00) | Wellspring Swim Lessons (5:30-6:30) | Wellspring Swim | CLOSED | CLOSED |
| 6:00-7:00 | Swim Lessons (til 7:00) Total Joint and Lower Back (6:30-7:30) Wellspring (6:30-7:30) | Swim Lessons (til 6:30) Arthritis (6:30-7:30) Wellspring (6:30-7:30) | Swim Lessons (til 7:00) Total Joint and Lower Back (6:30-7:30) Wellspring (6:30-7:30) | Swim Lessons (til 6:30) Arthritis (6:30-7:30) Wellspring (6:30-7:30) | CLOSED | CLOSED | CLOSED |
| 7:00-7:30 | Total Joint and Lower Back (6:30-7:30) Wellspring | Arthritis Wellspring | Total Joint and Lower Back (6:30-7:30) Wellspring | Arthritis Wellspring | 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.

CLOSED July 4 – HAPPY INDEPENDENCE DAY!!

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.

Arthritis: T/Th 10:00 -11:00 am
6:30 – 7:30 pm
M/W/F 2:00 – 3:00 pm
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 (15 persons)
- 5:00 – 6:00pm (5 persons)
- 6:30 – 7:30pm (2 persons)

Tuesday/ Thursday

- 8:00-9:00am (6 persons)
- 9:00-10:00am (8 persons)
- 11:00 – 12:00pm (5 persons)
- 12:00 – 1:00pm (2 persons)
- 1:00-2:00pm (2 persons)
- 2:00-3:00pm (2 persons)
- 3:00 – 4:00pm (3 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)
- 11:00 – 12:00pm (15 persons)
- 12:00 – 1:00pm (15 persons)
- 1:00 – 2:00pm (15 persons)
- 3:00 – 4:00pm (6 persons)
- 4:00 – 5:00pm (15 persons)
- 5:00 – 6:00pm (3 persons)
- 6:30 – 7:30pm (2 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 (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)
- 2:00 – 3:00pm (15 persons)
- 3:00-4:00pm (15 persons)
- 4:00-5:00pm (15persons)

Sunday:

- 1:00 – 2:00pm (5 persons)
- 2:00 – 3:00pm (15 persons)
- 3:00 – 4:00pm (15 persons)

