

SPCC THERAPY POOL SCHEDULE

March 4 – March 10, 2023

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 (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	CLOSED
11:00-12:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	SEALS (11-11:30) Arthritis (11:30-12:30) Wellspring (11:30-1)	CLOSED
12:00-1:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Arthritis (11:30-12:30) Wellspring	Lifeguard Training
1:00-2:00	Wellspring Swim	Physical Therapy Wellspring	SEALS	Physical Therapy Wellspring	Wellspring Swim	Wellspring Swim	Lifeguard Training
2:00-3:00	Arthritis	Physical Therapy Wellspring	Arthritis	Physical Therapy Wellspring	Arthritis Wellspring Swim	Wellspring Swim	Lifeguard Training
3:00-4:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim	Lifeguard Training
4:00-5:00	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim	Wellspring Swim ONLY	Wellspring ONLY (4:15-5:15pm)
5:00-6:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Wellspring Swim	CLOSED	CLOSED
6:00-7:00	SEALS (until 6:30) Wellspring Swim (6:30-7:30) 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 (6:30-7:30) 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 Sea Colony SCUBA (until 8:00)	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 if approved by the Director.

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 if approved by the Director.
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/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
- 10:00 – 11:00am
- 11:00 – 12:00pm
- 12:00 – 1:00pm
- 1:00 – 2:00pm
- 3:00 – 4:00pm
- 4:00 – 5:00pm
- 6:30 – 7:30pm

Tuesday/ Thursday

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

Wednesday

- 9:00 – 10:00am
- 10:00 – 11:00am
- 11:00 – 12:00pm
- 12:00 – 1:00pm
- 3:00 – 4:00pm
- 4:00 – 5:00pm
- 6:30 – 7:30pm

Friday:

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

Saturday:

- 12:00 – 1:00pm
- 1:00 – 2:00pm
- 2:00 – 3:00pm
- 3:00 – 4:00pm
- 4:00 – 5:00pm Wellspring ONLY

Sunday: 4:15-5:15 pm Wellspring ONLY