


**SPCC
THERAPY
POOL**

SCHEDULE SUBJECT TO CHANGE AS PROGRAMS DEVELOP
Check your online portal or call the front desk for current scheduling
November 20 – November 26, 2023

As of 11/10/23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	CLOSED	Wellspring Swim Gentle Joints	CLOSED	 HAPPY THANKSGIVING!!	CLOSED	CLOSED	CLOSED
9:00-10:00	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 Wellspring Swim	Wellspring Swim	
11:00-12:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim		Wellspring Swim	Arthritis (11:30-12:30) Wellspring Swim	
12:00-1:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim		Wellspring Swim	Arthritis (11:30-12:30) Wellspring Swim	
1:00-2:00	Wellspring Swim	Physical Therapy Wellspring	SEALS Swim Lessons		Wellspring Swim	Wellspring Swim	
2:00-3:00	Arthritis	Physical Therapy Wellspring	Arthritis		Arthritis Wellspring Swim	Wellspring Swim	
3:00-4:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim		Wellspring Swim	Wellspring Swim	
4:00-5:00	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim		CLOSED	Wellspring Swim ONLY	
5:00-6:00	Swim Lessons	Swim Lessons	Wellspring Swim		CLOSED	CLOSED	
6:00-7:00	Swim Lessons SEALS (until 6:30) Total Joint & Lower Back (6:30-7:30) Wellspring Swim (6:30-7:30)	Swim Lessons SEALS (until 6:30) Arthritis (6:30-7:30) Wellspring Swim (6:30-7:30)	Wellspring Swim		CLOSED	CLOSED	
7:00-7:30	Total Joint & Lower Back Wellspring Swim	Arthritis Wellspring Swim	Wellspring Swim		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 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 scheduling

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 (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 (15 persons)
- 6:30 – 7:30pm (5 persons)

Tuesday

- 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 (5 persons)
- 3:00 – 4:00pm (5 persons)
- 4:00 – 5:00pm (5 persons)
- 6:30 – 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)
- 3:00 – 4:00pm (15 persons)
- 4:00 – 5:00pm (15 persons)
- 5:00 – 6:30pm (15 persons)
- 6:30 – 7:30pm (5 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 (15 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)