


scheduling  
SPCC THERAPY POOL SCHEDULE  
November 21 – November 27, 2022

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	CLOSED	Wellspring Swim Gentle Joints	CLOSED	 <b>Closed – Happy Thanksgiving!!</b>	CLOSED	CLOSED	<b>Closed</b>
9:00-10:00	Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim		Physical Therapy Wellspring Swim	Wellspring	
10:00-11:00	Wellspring Swim	Physical Therapy Arthritis	Physical Therapy Wellspring Swim		Physical Therapy Wellspring Swim	Wellspring	
11:00-12:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim Until 12:30		Wellspring Swim	Wellspring Swim	
12:00-1:00	Wellspring Swim	Physical Therapy Wellspring Swim	SEALS (12:30-1:00)		Wellspring Swim	Wellspring Swim	
1:00-2:00	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim		Wellspring Swim	Wellspring Swim	
2:00-3:00	Arthritis	Physical Therapy Wellspring	Arthritis		Arthritis (2:30 – 3:30) Wellspring Swim	Wellspring Swim	
3:00-4:00	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim		Arthritis (2:30 – 3:30) Wellspring Swim Private Swim Lessons	Wellspring Swim	
4:00-5:00	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim		Wellspring Swim Private Swim Lessons	Wellspring Swim ONLY	
5:00-6:00	Wellspring Swim Swim Lessons	Wellspring Swim	Wellspring Swim		Wellspring Swim Private Swim Lessons	CLOSED	
6:00-7:00	SEALS Lessons (until 6:30) Wellspring Swim Total Joint and Lower Back (6:30-7:30)	Wellspring Swim Arthritis (6:30-7:30)	Wellspring Swim (6:00-7:30)		CLOSED	CLOSED	
7:00-7:30	Total Joint and 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](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: Thursday, November 24 & Sunday, November 27**

# CLOSED: Thursday, November 24 & Sunday, November 27 – Happy Thanksgiving!!

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

#### Wednesday

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

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