

**SPCC  
THERAPY  
POOL**

**SCHEDULE SUBJECT TO CHANGE AS PROGRAMS DEVELOP**  
**Check your online portal or call the front desk for current scheduling**  
**November 6 – November 19, 2023**

As of 10/12/23

| Time        | Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday  | Sunday   |
|-------------|--|---|---|---|---|---|--|
| 8:00-9:00   | CLOSED   | Wellspring Swim<br>Gentle Joints  | CLOSED  | Wellspring Swim<br>Gentle Joints  | CLOSED  | Swim Lessons<br>(start at 8:30)   | CLOSED   |
| 9:00-10:00  | Wellspring<br>Swim   | Physical Therapy<br>Wellspring Swim   | Physical Therapy<br>Wellspring Swim   | Physical Therapy<br>Wellspring Swim   | Physical<br>Therapy<br>Wellspring<br>Swim   | Swim Lessons  | CLOSED   |
| 10:00-11:00 | Wellspring<br>Swim   | Physical Therapy<br>Arthritis   | Physical Therapy<br>Wellspring Swim   | Physical Therapy<br>Arthritis   | Physical<br>Therapy<br>Wellspring<br>Swim   | Swim Lessons  | CLOSED   |
| 11:00-12:00 | Wellspring<br>Swim   | Physical Therapy<br>Wellspring Swim   | Wellspring Swim   | Physical Therapy<br>Wellspring Swim   | Wellspring<br>Swim<br>(until 11:30<br>on 11/10)<br>SEALS<br>(11:30-12:00<br>on 11/10) | Swim Lessons<br>SEALS<br>(11:00-11:30)<br>Arthritis<br>(11:30-12:30)<br>Wellspring<br>(11:30) | CLOSED   |
| 12:00-1:00  | Wellspring<br>Swim   | Physical Therapy<br>Wellspring Swim   | Wellspring Swim   | Physical Therapy<br>Wellspring  | Wellspring<br>Swim  | Arthritis<br>(11:30-12:30)<br>Wellspring Swim   | CLOSED   |
| 1:00-2:00   | Wellspring<br>Swim   | Physical Therapy<br>Wellspring  | SEALS Swim<br>Lessons   | Physical Therapy<br>Wellspring  | Wellspring<br>Swim  | Suba (12:30)<br>(On 11/18)<br>Wellspring Swim   | Lifeguard<br>Class (On<br>11/12)<br>Wellspring<br>Swim         |
| 2:00-3:00   | Arthritis  | Physical Therapy<br>Wellspring  | Arthritis   | Physical Therapy<br>Wellspring  | Arthritis<br>Wellspring<br>Swim   | Suba (On 11/18)<br>Wellspring Swim  | Lifeguard<br>Class (On<br>11/12)<br>Wellspring<br>Swim         |
| 3:00-4:00   | Wellspring<br>Swim   | Physical Therapy<br>Wellspring Swim   | Wellspring Swim   | Physical Therapy<br>Wellspring Swim   | Wellspring<br>Swim  | Suba (On 11/18)<br>Wellspring Swim  | Lifeguard<br>Class (On<br>11/12)<br>Wellspring<br>Swim<br>ONLY |
| 4:00-5:00   | Wellspring<br>Swim   | Physical Therapy<br>(4:30)<br>Wellspring Swim   | Wellspring Swim   | Physical Therapy<br>(4:30)<br>Wellspring Swim   | Wellspring<br>Swim  | Suba (On 11/18)<br>Wellspring Swim<br>ONLY  | Lifeguard<br>Class (On<br>11/12)<br>CLOSED                     |
| 5:00-6:00   | Swim Lessons   | Swim Lessons  | Swim Lessons  | Swim Lessons  | Wellspring<br>Swim  | CLOSED  | CLOSED   |
| 6:00-7:00   | Swim Lessons<br>SEALS<br>(until 6:30)<br>Total Joint &<br>Lower Back<br>(6:30-7:30)<br>Wellspring<br>Swim<br>(6:30-7:30) | Swim Lessons<br>SEALS<br>(until 6:30)<br>Arthritis<br>(6:30-7:30)<br>Wellspring Swim<br>(6:30-7:30) | Swim Lessons<br>SEALS<br>(until 6:30)<br>Total Joint & Lower<br>Back<br>(6:30-7:30)<br>Wellspring Swim<br>(6:30-7:30) | Swim Lessons<br>SEALS<br>(until 6:30)<br>Arthritis<br>(6:30-7:30)<br>Wellspring Swim<br>(6:30-7:30) | CLOSED  | CLOSED  | CLOSED   |
| 7:00-7:30   | Total Joint &<br>Lower Back<br>Wellspring<br>Swim  | Arthritis<br>Wellspring Swim  | Total Joint & Lower<br>Back<br>Wellspring Swim  | Arthritis<br>Wellspring Swim  | CLOSED  | 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.

## **CLOSED: November 12 and November 18 from 12:30-5:30pm**

### **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 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 (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)
- 6:30 – 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 (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)
- 6:30 – 7:30pm (5 persons)

#### Friday:

- 9:00 – 10:00am (6 persons)
- 10:00 – 11:30am (5 persons – 11/10 only)
- 11:00 – 12:00pm (15 persons – no 11/10)
- 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:

- 11:30 – 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)

#### Sunday:

- 1:00 – 2:00pm (15 persons)

- 2:00 – 3:00pm (15 persons)

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