

SPCC THERAPY POOL SCHEDULE
October 8 – November 28, 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	CLOSED	Wellspring Swim Gentle Joints	CLOSED	Wellspring Swim Gentle Joints	CLOSED	CLOSED	CLOSED
9:00-10:00	Physical Therapy Wellspring Swim	Physical Therapy (9:00) Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy	Swim Lessons ON 11/27- Wellspring Swim	CLOSED
10:00-11:00	Physical Therapy Wellspring Swim	Physical Therapy Arthritis	Physical Therapy Wellspring Swim	Physical Therapy Arthritis	Physical Therapy	Swim Lessons ON 11/27- Wellspring Swim	CLOSED
11:00-12:00	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons (11:30) Arthritis (11:30-12:30) Wellspring Swim (11:30-1:00)	CLOSED
12:00-1:00	Physical Therapy Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Physical Therapy Wellspring	Physical Therapy Wellspring Swim	Arthritis (11:30-12:30) Wellspring	CLOSED
1:00-2:00	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Physical Therapy Wellspring	Physical Therapy Wellspring Swim	Wellspring Swim	Private Swim Lessons Wellspring Swim
2:00-3:00	Arthritis	Physical Therapy Wellspring	Arthritis	Physical Therapy Wellspring	Arthritis	Wellspring Swim	Private Swim Lessons Wellspring Swim
3:00-4:00	Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy (3:30) Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim	Wellspring Swim ONLY
4:00-5:00	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim ONLY	Wellspring Swim ONLY	CLOSED
5:00-6:00	Wellspring Swim Swim Lessons (5:30-6:00)	Wellspring Swim Lessons (5-6pm 10/19- 11/11 then 5:30-6)	Physical Therapy Swim Lessons (5:30-6:00)	Wellspring Swim Lessons (5-6pm 10/19- 11/11 then 5:30-6)	Wellspring Swim	CLOSED	CLOSED
6:00-7:00	Wellspring Swim Swim Lessons til 6:30 Total Joint (6:30)	Swim Lessons (til 6:30) Arthritis (6:30-7:30) Wellspring (6:30-7:30)	Physical Therapy Swim Lessons til 6:30 Total Joint (6:30)	Swim Lessons (til 6:30) Arthritis (6:30-7:30) Wellspring (6:30-7:30)	CLOSED	CLOSED	CLOSED
7:00-7:30	Total Joint Private Swim Lessons	Arthritis Wellspring	Total Joint Private Swim Lessons	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."

CLOSED November 25 and 28. *Happy Thanksgiving!*

Please visit www.spcommunitycenter.org for aquatic news.

Abbreviated Christmas schedule to be decided later.

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.
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.

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 (5 persons)
- 10:00 – 11:00am (5 persons)
- 11:00 – 12:00pm (5 persons)
- 12:00 – 1:00pm (5 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)
- 6:00 – 7:00 (5 persons)

Tuesday/ Thursday

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

Friday:

- 11:00 – 12:00pm (5 persons)
- 12:00 – 1:00pm (5 persons)
- 1:00 – 2:00pm (5 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)

Sunday:

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