


**SPCC  
THERAPY  
POOL**

**SCHEDULE SUBJECT TO CHANGE AS PROGRAMS**  
**Check your online portal or call the front desk for current scheduling**  
**September 4 – September 10, 2023**

As of 9/6/23

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	 <b>CLOSED: HAPPY LABOR DAY!!</b>	Wellspring Swim Gentle Joints	CLOSED	Wellspring Swim Gentle Joints	CLOSED	Swim Lessons (start at 8:30)	CLOSED
9:00-10:00		Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons	CLOSED
10:00-11:00		Physical Therapy Arthritis	Physical Therapy Wellspring Swim	Physical Therapy Arthritis	Physical Therapy Wellspring Swim	Swim Lessons	CLOSED
11:00-12:00		Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim (until 11:30) SEALS (11:30-12:00)	Swim Lessons SEALS (11:00-11:30) Arthritis (11:30-12:30) Wellspring Swim	CLOSED
12:00-1:00		Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Arthritis (11:30-12:30) Wellspring Swim	CLOSED
1:00-2:00		Physical Therapy Wellspring	SEALS (1:00-1:30) Wellspring Swim	Physical Therapy Wellspring	Wellspring Swim	Wellspring Swim	Private Swim Lessons Wellspring Swim
2:00-3:00		Physical Therapy Wellspring	Arthritis	Physical Therapy Wellspring	Arthritis Wellspring Swim	Wellspring Swim	Private Swim Lessons Wellspring Swim
3:00-4:00		Physical Therapy Wellspring Swim	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim	Wellspring Swim ONLY
4:00-5:00		Physical Therapy (4:30) Wellspring Swim	Wellspring Swim	Physical Therapy (4:30) Wellspring Swim	Wellspring Swim	Wellspring Swim ONLY	CLOSED
5:00-6:00		Swim Lessons	Swim Lessons	Wellspring Swim	Wellspring Swim	CLOSED	CLOSED
6:00-7:00		Swim Lessons SEALS (until 6:30) Arthritis (6:30-7:30) Wellspring Swim (6:30-7:30)	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)	CLOSED	CLOSED	CLOSED
7:00-7:30		Arthritis Wellspring Swim	Total Joint & Lower Back Wellspring Swim	Arthritis 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.

Please visit [www.spcommunitycenter.org](http://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](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: CLOSED

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)
- 1:00 – 2:00pm (6 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 (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:

- 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)

Sunday:

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