

WINTER POOL SCHEDULE

January 2, 2019 – February 5, 2019

Please Note-Pool doors will be locked ½ hour prior to closing

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00-9:00	Arthritis	Wellspring Swim	Arthritis	Wellspring Swim	Arthritis	CLOSED	CLOSED
9:00-9:30	Wellspring Swim Parent/Infant Swim Lessons	Total Joint/Low Back Wellspring Swim Parent/Infant	Wellspring Swim Parent/Infant Fun & Fitness with Andy Swim lessons	Total Joint/Low Back Wellspring Swim Parent/Infant	Wellspring Swim Parent/Infant	Swim Lessons Parent/Infant	CLOSED
9:30-10:00	Wellspring Swim Swim Lessons Parent/Infant	Swim Lessons Parent/Infant Total Joint/Low Back	Swim Lessons Parent/Infant Fun & Fitness with Andy	Swim Lessons Parent/Infant Total Joint/Low Back	Wellspring Swim Parent/Infant Physical Therapy	Swim Lessons Parent Infant	CLOSED
10:00-10:30	Wellspring Swim Swim Lessons Parent/Infant	Arthritis	Wellspring Swim Swim Lessons Parent/Infant	Arthritis	Wellspring Swim Parent/Infant Physical Therapy	Swim Lessons Parent/Infant	CLOSED
10:30-11:00	Physical Therapy Swim Lessons Wellspring Swim	Arthritis Physical Therapy	Physical Therapy Swim Lessons Wellspring Swim	Arthritis Physical Therapy	Physical Therapy Wellspring Swim	Swim Lessons Parent Infant	CLOSED
11:00-11:40	Physical Therapy Wellspring Swim	Wellspring Swim Physical therapy	Wellspring Swim Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Swim Lessons Parent Infant	CLOSED
11:40-12:00	Physical Therapy Wellspring Swim	Wellspring Swim Physical therapy	Fibromyalgia Physical Therapy	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Arthritis Wellspring Swim	CLOSED
12:00-12:40	Physical Therapy Wellspring Swim	Wellspring Swim Physical Therapy	Fibromyalgia Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim Physical Therapy	Arthritis Wellspring Swim	CLOSED
12:40-1:00	Physical Therapy Wellspring Swim	Wellspring Swim Physical therapy	Physical Therapy Wellspring Swim	Wellspring Swim Physical therapy	Physical Therapy Wellspring Swim	Arthritis Wellspring Swim	CLOSED
1:00-2:00	Physical Therapy Wellspring Swim	Wellspring Swim Physical Therapy	Physical Therapy Wellspring Swim	Wellspring Swim Physical Therapy	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim Swim Lessons
2:00-2:30	Physical Therapy Wellspring Swim	Physical therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim Swim Lessons
2:30-3:30	Arthritis	Wellspring Swim Physical Therapy	Arthritis	Wellspring Swim Physical Therapy	Arthritis	Wellspring Swim	Wellspring Swim Swim Lessons
3:30-4:00	Wellspring Swim	Wellspring Swim Physical Therapy	Wellspring Swim	Wellspring Swim Physical Therapy	Wellspring Swim	Wellspring Swim	Wellspring Swim
4:00-4:30	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim	Wellspring Swim	CLOSED	CLOSED
4:30-5:30	Wellspring Swim	Physical Therapy Wellspring Swim	Wellspring Swim	Wellspring Swim	Wellspring Swim Parent/Infant	CLOSED	CLOSED
5:30-6:00	Swim Lessons Physical Therapy Wellspring swim	Swim Lessons Wellspring Swim Physical Therapy	Swim Lessons Wellspring swim	Swim Lessons Parent/Infant Wellspring swim	Wellspring Swim Parent/Infant	CLOSED	CLOSED
6:00-6:30	Swim Lessons Physical Therapy Wellspring swim	Swim Lessons Wellspring Swim Physical Therapy	Swim Lessons Physical Therapy Wellspring Swim	Swim Lessons Parent/Infant Wellspring Swim	CLOSED	CLOSED	CLOSED
6:30-7:00	Swim Lessons Wellspring Swim Physical Therapy	Swim Lessons Wellspring Swim Arthritis	Swim Lessons Physical Therapy Wellspring swim	Swim Lessons Wellspring Swim Arthritis	CLOSED	CLOSED	CLOSED
7:00-7:30	Wellspring Swim Physical Therapy	Wellspring Swim Arthritis	Physical Therapy Wellspring swim	Wellspring Swim Arthritis	CLOSED	CLOSED	CLOSED
7:30-8:00	Wellspring Swim Physical Therapy	Wellspring Swim Low Impact Aqua Jog	Wellspring Swim Physical Therapy	Wellspring Swim Low Impact Aqua Jog	CLOSED	CLOSED	CLOSED
8:00-8:30	Wellspring Swim	Wellspring Swim Low Impact AquaJog	Wellspring Swim	Wellspring Swim Low Impact AquaJog	CLOSED	CLOSED	CLOSED

Wellspring Swim is "open" swim in the Therapy Pool. (18 & Over)

Pool Closures: November 22 & 25; December 24 at 2pm & December 25, December 31 at 2 pm; January 1
Please visit the Aquatic Notification Tab on the aquatic page of the SPCC website for up to date aquatic news.

www.spcommunitycenter.org