

Pool schedules are provided to help members be informed of scheduled class/activity times. Schedule will be updated when swim class/activity schedules change.

During all Aqua classes the pool is closed to non-participants. Members are welcome to utilize the other pool. Lap pool maybe closed to non-participants for specialty classes.

In the lap pool when lane usage is high, members must allow for other members to use the lane. Two members are able to split a lane. Three or more members circle swimming is required. Please pick a lane with swimmers that are closes to your swim speed and style. Pass safely and communicate.



Center Hours

Mon-Thurs 5:00 am– 8:00pm
Friday 5:00 am-7:00 pm
Saturday 7:00 am- 1:00 pm
Sunday 7:00 am– 1:00 pm

Kids in Motion Hours

Closed

Pool Capacity

Therapy Pool: 9

Lap Pool:

Classes: 20

Specialty class - 3 per lane

Open swim - 2 per lane

Chelsea Wellness Center
14800 E Old US 12
Chelsea, MI 48118

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Therapy/Lap Pool Schedule



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WELLNESS
CENTER

Last Updated: Jan 5, 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
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Warm Therapy Pool

	8:30-11:00 am Physical Therapy (Open)		8:30-10:30 am Physical Therapy (Open)		8:30-10:30 am Children Swim are more likely to occur (Open)	
11:00-12:00 am MyFitRx –Supervision (Open)		11:00-12:00 am MyFitRx –Supervision (Open)				
12:45-1:45 pm Aquacize w/ Arthritis Class (9 participant Max) Registration required		12:00-1:00 pm Aquacize w/ Arthritis Class (9 participant Max) Registration required		12:45-1:45 pm Aquacize w/ Arthritis Class (9 participant Max) Registration required		
3:30-4:00pm Water Babies (Jan– Apr, Open)			4:00-7:00 pm Children Swim are more likely to occur (Open)			

- **Swim classes/Specialty class** requires fees & registration
- Swim times in shown in **Purple** are times with **children** present & registration Required. One on One children swim times are not required to be listed.
- **Classes are Closed** to non- participants
- Pool time is limited to 30 min if someone is waiting

Lap Pool

	Starting January 11 7:00-8:00 am **Adult group swim (8 participant Max) Registration required (1 lane open for mbrs)	10:45 – 11:45 am *Aqua Zumba Class	Starting January 13 7:00-8:00 am **Adult group swim (8 participant Max) Registration required (1 lane open for mbrs)	(Starting January) 9:45 – 10:30 am **Aqua Power Class (20 participant Max) Registration required	8:30-10:30 am Children Swim are more likely to occur (Open)	
				(Starting January) 10:30 – 11:15 am **Aqua Power Class (20 participant Max) Registration required	10:45 – 11:45 am **Aqua Power Class	
		5:30 – 6:30 pm *Aqua Power Class				