

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

Mon, Wed, Fri, Sat 8:00am-12:30pm
Tues, Thurs 4:00pm-7:00pm

■ *Registration Required*

90 minute increments

Pool Capacity

Therapy Pool Classes: 12
Lap Pool Classes: 20

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

Phone: 734-214-0220
Fax: 734-214-0249
www.chelseawellness.org

Therapy/Lap Pool Schedule



CHELSEA
WELLNESS
CENTER

Effective June 13, 2022

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Warm Therapy Pool						
	8:30-11:00 am Physical Therapy (Open)		8:30-10:30 am Physical Therapy (Open)		8:00-9:30 am Children Swim are more likely to occur (Open)	
10:30-11:30 am *Aqua Zen Class	11:00-12:00 am MyFitRx –Supervision (Open)		11:00-12:00 am MyFitRx –Supervision (Open)			
11:45am-12:45 pm *Aquacize w/ Arthritis Class		12:00-1:00 pm Aquacize w/ Arthritis Class		12:30-1:30 pm Splash Dance	<ul style="list-style-type: none"> • 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. • <u>Classes</u> are <u>Closed</u> to non- participants • Pool time is limited to 30 min if someone is waiting 	
			6:00-7:00 pm Children Swim are more likely to occur (Open)			
Lap Pool						
	9:45 – 10:30 am **Lanes 1&2 Open for Aqua Gym	10:45 – 11:45 am *Aqua Zumba Class		9:45 – 10:30 am **Lanes 1&2 Open for Aqua Gym	8:30-9:30 am Children Swim are more likely to occur (Open)	
	10:45 – 11:45 am **Aqua Blast		10:45 – 11:45 am **Aqua Blast	10:45 – 11:45 am **Aqua Blast	11:30 – 12:30 am **Aqua Power Class	