

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

## Pool Capacity

Therapy Pool Classes: 12  
Lap Pool Classes: 33 (11 per lane)

## Therapy/Lap Pool Schedule



CHELSEA  
WELLNESS  
CENTER

**Effective September 6, 2022**

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

Phone: 734-214-0220  
Fax: 734-214-0249  
[www.chelseawellness.org](http://www.chelseawellness.org)

<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)		8:00-9:30 am <b>Children Swim are more likely to occur</b> (Open)	
10:30-11:30 am <b>*Aqua Zen Class</b>	11:00-12:00 am MyFitRx –Supervision (Open)		11:00-12:00 am MyFitRx –Supervision (Open)			
12:30 pm-1:30 pm <b>*Aquacize w/ Arthritis Class</b>		12:00-1:00 pm <b>Aquacize w/ Arthritis Class</b>		12:30-1:30 pm <b>Splash Dance</b>	<ul style="list-style-type: none"> <li>• Swim classes/Specialty class requires fees &amp; registration</li> <li>• Swim times in shown in Purple are times with children present &amp; registration Required. One on One children swim times are not required to be listed.</li> <li>• <u>Classes</u> are <u>Closed</u> to non- participants</li> <li>• Pool time is limited to 30 min if someone is waiting</li> </ul>	
	12:00 -3:30 pm <b>Children Swim Training–</b> More likely to occur (Open)		12:00 -3:30 pm <b>Children Swim Training–</b> More likely to occur (Open)			
	3:30-5:05 pm <b>Water Babies, Pre-school And School Age Swim</b> (Open)		3:30-5:05 pm <b>Water Babies, Pre-school And School Age Swim</b> (Open)			

**Lap Pool**

	10:45 – 11:45 am <b>**Aqua Blast</b>	10:45 – 11:45 am <b>*Aqua Zumba Class</b>	10:45 – 11:45 am <b>**Aqua Blast</b>	10:45 – 11:45 am <b>**Aqua Blast</b>	8:30-9:30 am <b>Children Swim are more likely to occur</b> (Open)	
	4:35-5:05 pm <b>School Age Swim</b> (using lane 1 & 2)				10:45 – 11:45 am <b>**Aqua Power</b>	
	4:35-5:05 pm <b>Adult Swim Class</b> (using lane 1 & 2)	5:30pm – 6:30pm <b>**Aqua Power</b>	4:35-5:05 pm <b>School Age Swim</b> (using lane 1 & 2)			