

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. As a courtesy, we ask that non-participants exit the pool 5 minutes before class starts. 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– 3:00 pm
Sunday 7:00 am– 3:00 pm

Kids in Motion Hours

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

Pool Capacity

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

Therapy/Lap Pool Schedule



CHELSEA
WELLNESS
CENTER

Effective September 6, 2022
Updated November 2, 2022

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

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
Warm Therapy Pool						
					8:00-9:30 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)			
12:30 pm-1:30 pm *Aquacize w/ Arthritis Class		12:00-1:00 pm Aquacize w/ Arthritis Class		12:30-1:30 pm Splash Dance		
	12:00 -3:30 pm Children Swim Training– More likely to occur (Open)		12:00 -3:30 pm Children Swim Training– More likely to occur (Open)			
	3:30-5:05 pm Water Babies, Pre-school And School Age Swim (Open)		3:30-5:05 pm Water Babies, Pre-school And School Age Swim (Open)			
Lap Pool						
	10:45 – 11:45 am **Aqua Blast	10:45 – 11:45 am *Aqua Zumba Class	10:45 – 11:45 am **Aqua Blast	10:45 – 11:45 am **Aqua Blast	8:30-9:30 am Children Swim are more likely to occur (Open)	
	4:35-5:05 pm School Age Swim (Open) (using lane 1 & 2)		4:35-5:05 pm School Age Swim (Open) (using lane 1 & 2)		10:45 – 11:45 am **Aqua Power	
	5:15-6:15 pm Adult Swim Class (Open) (using lane 1 & 2)	5:30pm – 6:30pm **Aqua Power				

- **Swim/Specialty classes** require fees & registration
- **Classes** are **Closed** to non-participants. *As a courtesy, we ask that non-participants exit the pool 5 minutes before class starts.*
- 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.
- Pool use time is limited to 30 min if someone is waiting.