

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

Classes are Closed to non-participants. *As a courtesy, we ask that non-participants exit the pool 5 minutes before class starts.*

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 are required to circle swim. Please pick a lane with swimmers that are closest to your swim speed and style. Pass safely and communicate.

Pool lane use time is limited to 30 min if someone is waiting.

Private swim lessons may be held in either the therapy pool or lap pool. Pools remain open during this time.

### Center Hours

Mon-Thurs 5:00 am– 9:00 pm  
Friday 5:00 am– 8:00 pm  
Saturday 7:00 am– 5:00 pm  
Sunday 7:00 am– 5:00 pm

### Kids in Motion Hours

Mon- 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 2025**

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)

Effective September 2025

| <u>Monday</u>   | <u>Tuesday</u>  | <u>Wednesday</u>  | <u>Thursday</u>  | <u>Friday</u>  | <u>Saturday</u>                         | <u>Sunday</u>   |
|---|---|---|--|--|---|---|
| <b>Warm Therapy Pool</b>  |   |   |  |  |   |   |
| 10:30-11:30 am<br><i>*Aqua Zen</i><br><br>12:45-1:45 pm<br><i>*Splash Dance</i> | 7:45—9:00 am<br>Volleyball<br><br>11:00-12:00 am<br>MyFitRx –<br>Supervision<br>(Pool Open) | 7:45—9:00 am<br>Volleyball<br><br>10:45-11:45 pm<br><i>*Splash Dance</i><br><br>11:45 am-<br>12:45 pm<br><i>*Aquacize w/<br/>                     Arthritis</i> | 11:00-12:00 am<br>MyFitRx –<br>Supervision<br>(Pool Open)<br><br>12:00–1:00pm<br><i>*Aqua Yoga</i> | 12:45 —1:45 pm<br><i>*SpIAQUAcize!</i><br><br>4:30 - 6:30 pm<br>Kids Swim<br>Lessons<br>(Pool Open)<br>10/10—12/12 | 7:45—9:00 am<br>Volleyball              | 7:45—9:00 am<br>Volleyball<br><br>9:40-11:40 am<br>Kids Swim<br>Lessons<br>(Pool Open)<br>10/12—12/7<br><br>12:30—2:15pm<br>Family Swim<br>3rd Sunday of<br>the month<br>Registration<br>Required<br><br>Open to all<br>Chelsea, Dexter,<br>and<br>Stockbridge<br>members |
|   |   |   | <b>Lap Pool</b>  |  |   |   |
|   | 10:45 – 11:45 am<br><i>**Aqua Blast</i>   |   | 10:45 – 11:45 am<br><i>**Aqua Blast</i>  | 10:45 – 11:45 am<br><i>**Aqua Blast</i>  | 10:45 – 11:45 am<br><i>**Aqua Power</i> |   |

Swim/Specialty classes in green have require 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.