

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
Mon—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: January 2026

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

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

Effective January 2026

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

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.