

# November 2023 Aquatic Schedule

**SCAC** = StoneCroft Aquatics Center      **GCCP** = Garrett Community Center Pool



For schedule updates check the following sources: Channel 965, Phone Hotline 610-273-4050, telhai.org/pool. Additionally, for SCAC updates, check SCAC entrance signs and Tel Hai's Facebook.

**SCAC & GCCP will be closed Thanksgiving Day 11/23. SCAC will be open 11/24, 7:30am - 12:00pm.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool &amp; Lap Swim</b>	<p><b>SCAC:</b> 7:30am-12:00pm</p> <p><b>GCCP:</b> 7:30am-9:30am</p>	<p><b>SCAC:</b> 7:30am-12:00pm 1:00pm-6:00pm</p> <p><b>GCCP:</b> No Lap swimming due to class running</p>	<p><b>SCAC:</b> 7:30am-12:00pm 12:30pm-6:00pm</p> <p><b>GCCP:</b> 7:30am-9:30am</p>	<p><b>SCAC:</b> 7:30am-12:00pm 1:00pm-6:00pm</p> <p><b>GCCP:</b> 1:15pm-2:15pm</p>	<p><b>SCAC:</b> 7:30am-12:00pm 12:30pm-3:00pm</p> <p><b>GCCP:</b> 7:30am-9:30am</p>	<p><b>SCAC:</b> 7:30am-12:00pm</p> <p><b>GCCP:</b> 9:00am-11:00am</p>	<p><b>SCAC:</b> Closed</p> <p><b>GCCP:</b> Closed</p>
<b>Spa</b>	<b>Open to Close</b>	<b>Open to Close</b>	<b>Open to Close</b>	<b>Open to Close</b>	<b>Open to Close</b>	<b>Open to Close</b>	<b>Closed</b>
<b>Water Fitness Classes</b>	<p><b>SCAC:</b> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p><b>GCCP:</b> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p><b>SCAC:</b> Aqua Spin 8:00am-8:45am No registration required Deep Water 9:15-10:00am Aqua Spin 2:00- 2:45pm Pre-registration required</p> <p><b>GCCP:</b> Water Tai Chi 1:15-2:00pm No registration required</p>	<p><b>SCAC:</b> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Aqua Spin- Staff 4:30-5:15 Pre-registration required</p> <p><b>GCCP:</b> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p><b>SCAC:</b> Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am</p> <p><b>GCCP:</b> None</p>	<p><b>SCAC:</b> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p><b>GCCP:</b> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p><b>SCAC:</b> Resident Led Deep Water 9:15-10:00am</p> <p><b>GCCP:</b> None</p>	<p><b>SCAC:</b> None</p> <p><b>GCCP:</b> None</p>
<b>Volley Ball</b>	None	<b>GCCP: Resident</b> <b>2:30-3:30pm</b>	None	<b>GCCP: Resident</b> <b>2:30-3:30pm</b>	None	None	None Updated 10/26/2023
<b>SCAC Lessons</b>	None	<b>3:45pm-5:50pm</b>	None	<b>3:45pm-5:50pm</b>	None	None	None