

December 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 Christmas Day 12/25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<p>SCAC: 7:30am-12:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: No Lap swimming due to class running</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-6:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm 1:00pm-6:00pm</p> <p>GCCP: 1:15pm-2:15pm</p>	<p>SCAC: 7:30am-12:00pm 12:30pm-3:00pm</p> <p>GCCP: 7:30am-9:30am</p>	<p>SCAC: 7:30am-12:00pm</p> <p>GCCP: 9:00am-11:00am</p>	<p>SCAC: Closed</p> <p>GCCP: Closed</p>
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: 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>GCCP: Water Tai Chi 1:15-2:00pm No registration required</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Aqua Spin- Staff 4:30-5:15 Pre-registration required</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p> <p>GCCP: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am</p>	<p>SCAC: Resident Led Deep Water 9:15-10:00am</p> <p>GCCP: None</p>	<p>SCAC: None</p> <p>GCCP: None</p>
Volley Ball	None	GCCP: Resident 2:30-3:30pm	None	GCCP: Resident 2:30-3:30pm	None	None	None Updated 11/21/2023
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None