

# January 2024 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 New Year's Day 1/1/24**

**SCAC will host a swim meet on Wednesday 1/17. The pool will close at 2:00pm. Please note, the water temperature will be cooler than normal to accommodate the meet.**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Open Pool &amp; Lap Swim</b>	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> No Lap swimming due to class running	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-6:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm 1:00pm-6:00pm  <u><b>GCCP:</b></u> 1:15pm-2:15pm	<u><b>SCAC:</b></u> 7:30am-12:00pm 12:30pm-3:00pm  <u><b>GCCP:</b></u> 7:30am-9:30am	<u><b>SCAC:</b></u> 7:30am-12:00pm  <u><b>GCCP:</b></u> 9:00am-11:00am	<u><b>SCAC:</b></u> Closed  <u><b>GCCP:</b></u> Closed
<b>Spa</b>	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
<b>Water Fitness Classes</b>	<u><b>SCAC:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am  <u><b>GCCP:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u><b>SCAC:</b></u> Aqua Spin 8:00am-8:45am Pre- registration required Deep Water 9:15-10:00am Aqua Spin 2:30- 3:15pm Pre-registration required  <u><b>GCCP:</b></u> Water Tai Chi 1:15-2:00pm	<u><b>SCAC:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Aqua Spin- Staff 4:30-5:15 Pre-registration required  <u><b>GCCP:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u><b>SCAC:</b></u> Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am  <u><b>GCCP:</b></u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u><b>SCAC:</b></u> Resident Led Deep Water 9:15-10:00am  <u><b>GCCP:</b></u> None	<u><b>SCAC:</b></u> None  <u><b>GCCP:</b></u> None
<b>Volley Ball</b>	None	<u><b>GCCP:</b></u> Resident 2:30-3:30pm	None	<u><b>GCCP:</b></u> Resident 2:30-3:30pm	None	None	None Updated 12/14/2023
<b>SCAC Lessons</b>	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	None	None