

# April 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](http://telhai.org/pool). Additionally, for SCAC updates, check SCAC entrance signs and Tel Hai's FaceBook.

|                                 | Monday   | Tuesday  | Wednesday   | Thursday  | Friday   | Saturday  | Sunday   |
|---------------------------------|--|--|---|---|--|---|--|
| <b>Open Pool &amp; Lap Swim</b> | <u><b>SCAC:</b></u><br>7:30am-12:00pm<br><br><u><b>GCCP:</b></u><br>7:30am-9:30am  | <u><b>SCAC:</b></u><br>7:30am-12:00pm<br>1:00pm-6:00pm<br><br><u><b>GCCP:</b></u><br>No Lap swimming due to class running  | <u><b>SCAC:</b></u><br>7:30am-12:00pm<br>12:30pm-6:00pm<br><br><u><b>GCCP:</b></u><br>7:30am-9:30am   | <u><b>SCAC:</b></u><br>7:30am-12:00pm<br>1:00pm-6:00pm<br><br><u><b>GCCP:</b></u><br>1:15pm-2:15pm  | <u><b>SCAC:</b></u><br>7:30am-12:00pm<br>12:30pm-3:00pm<br><br><u><b>GCCP:</b></u><br>7:30am-9:30am  | <u><b>SCAC:</b></u><br>7:30am-12:00pm<br><br><u><b>GCCP:</b></u><br>9:00am-11:00am          | <u><b>SCAC:</b></u><br>Closed<br><br><u><b>GCCP:</b></u><br>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><br><b>Aqua Aerobics</b><br>9:30-10:30am<br><b>Arthritis</b><br>10:30-11:30am<br><br><u><b>GCCP:</b></u><br><b>Aqua Aerobics</b><br>9:30-10:30am<br><b>Arthritis</b><br>10:30-11:30am | <u><b>SCAC:</b></u><br><b>Aqua Spin</b><br>8:00am-8:45am<br>Pre- registration required<br><b>Deep Water</b><br>9:15-10:00am<br><b>Aqua Spin</b><br>2:30- 3:15pm<br>Pre-registration required<br><br><u><b>GCCP:</b></u><br><b>Water Tai Chi</b><br>1:15-2:00pm | <u><b>SCAC:</b></u><br><b>Aqua Aerobics</b><br>9:30-10:30am<br><b>Arthritis</b><br>10:30-11:30am<br><b>Aqua Spin- Staff</b><br>4:30-5:15<br>Pre-registration required<br><br><u><b>GCCP:</b></u><br><b>Aqua Aerobics</b><br>9:30-10:30am<br><b>Arthritis</b><br>10:30-11:30am | <u><b>SCAC:</b></u><br><b>Aqua Spin</b><br>8:00-8:45am<br>Pre-registration required<br><b>Deep Water</b><br>9:15-10:00am<br><br><u><b>GCCP:</b></u><br>None | <u><b>SCAC:</b></u><br><b>Aqua Aerobics</b><br>9:30-10:30am<br><b>Arthritis</b><br>10:30-11:30am<br><br><u><b>GCCP:</b></u><br><b>Aqua Aerobics</b><br>9:30-10:30am<br><b>Arthritis</b><br>10:30-11:30am | <u><b>SCAC:</b></u><br><b>Deep Water</b><br>9:15-10:00am<br><br><u><b>GCCP:</b></u><br>None | <u><b>SCAC:</b></u><br>None<br><br><u><b>GCCP:</b></u><br>None     |
| <b>Volley Ball</b>              | None   | <u><b>GCCP:</b></u> Resident<br>2:30-3:30pm  | None  | <u><b>GCCP:</b></u> Resident<br>2:30-3:30pm   | None   | None  | None<br>Updated 3/20/2024  |
| <b>SCAC Lessons</b>             | None   | 3:45pm-5:50pm  | None  | 3:45pm-5:50pm   | None   | 8:30-9:05am<br>10:15-10:50am  | None   |