

July 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.

We apologize in advance for any closures. Thunder & lightening: pools will close for a minimum of 30 minutes.

Thursday July 4th, SCAC will be open 7:30am – 12:00pm with no classes running. GCC closed.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<u>SCAC:</u> 7:30am-12:00pm <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm <u>GCCP:</u> No Lap swimming due to class running	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-6:00pm <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm 1:00pm-6:00pm <u>GCCP:</u> 1:15pm-2:15pm	<u>SCAC:</u> 7:30am-12:00pm 12:30pm-3:00pm <u>GCCP:</u> 7:30am-9:30am	<u>SCAC:</u> 7:30am-12:00pm <u>GCCP:</u> 9:00am-11:00am	<u>SCAC:</u> Closed <u>GCCP:</u> Closed
Spa	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Open to Close	Closed
Water Fitness Classes	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</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>GCCP:</u> AI CHI (water Tai Chi) 1:15-2:00pm	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am AI CHI (water Tai Chi) 2:15pm-2:45pm <i>Begins 7/24</i> Aqua Spin- Staff 4:30-5:15 Pre-registration required <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</u> Aqua Spin 8:00-8:45am Pre-registration required Deep Water 9:15-10:00am <u>GCCP:</u> None	<u>SCAC:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am <u>GCCP:</u> Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am	<u>SCAC:</u> Deep Water 9:15-10:00am <u>GCCP:</u> None	<u>SCAC:</u> None <u>GCCP:</u> None
Volley Ball	None	<u>GCCP:</u> Resident 2:30-3:30pm	None	<u>GCCP:</u> Resident 2:30-3:30pm	None	None	None Updated 6/18/2024
SCAC Lessons	None	3:45pm-5:50pm	None	3:45pm-5:50pm	None	8:30-9:05am 10:15-10:50am	None