

November 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 & GCC will be closed Thanksgiving Day 11/28. Friday 11/29 SCAC hours 7:30am - 12:00pm with no classes, GCC 7:30am -11:00am no classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open Pool & Lap Swim	<p>SCAC: 7:30am-12:00pm 12:30pm- 3:00pm</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 Pre- registration required Deep Water 9:15-10:00am Aqua Spin 2:30- 3:15pm Pre-registration required</p> <p>GCCP: Ai Chi (water Tai Chi) 1:15-2:00pm</p>	<p>SCAC: Aqua Aerobics 9:30-10:30am Arthritis 10:30-11:30am Ai Chi (water Tai Chi) 2:15pm-2:45pm Aqua Spin- Staff 3:30pm-4:15pm 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: 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 10/22/2024
Swim Team SCAC Lessons & Saw	Swim team returns 11/18	Lessons 3:45pm-5:50pm	Swim team 5:15pm-7:00pm	Lessons 10:30am 11:30am 1:00pm- 3:00pm 3:45pm-5:50pm	Swim Team 3:30pm-5:30pm	Lessons 8:00am- 10:50am	None