



SANFORD WELLNESS TEA ELLIS
 8701 W 32ND St. SF SD 57106
 AQUATICS OFFICE
 605-323-6964

October 4th – November 30th

	OPEN SWIM	LAP SWIM	ZERO DEPTH	WATER EXERCISE	SWIMMING LESSONS	SAUNA & STEAM ROOM	HOT TUB
Sunday	N/A	N/A	N/A	N/A	N/A	N/A	N/A
Monday	5AM – 9:15AM 10AM - 5:45PM 6:30PM -8:45PM	5AM – 9:15AM 10 AM - 5:45PM 6:30PM -8:45PM	5 AM –8:45PM	TOTAL BODY H2O 9:15AM -10AM TOTAL BODY H2O 5:45PM – 6:30PM	N/A	5 AM – 8:45PM	5 AM – 8:45PM
Tuesday	5 AM –8:45PM	5 AM - 8:45PM	5 AM –8:45PM	N/A	N/A	5 AM –8:45PM	5 AM – 8:45PM
Wednesday	5AM – 9:15AM 10AM - 5:45PM 6:30PM -8:45PM	5AM – 9:15AM 10 AM - 5:45PM 6:30PM -8:45PM	5 AM – 8:45PM	Move that Body 9:15am-10am TOTAL BODY H2O 5:45PM-6:30PM	N/A	5 AM – 8:45PM	5 AM – 8:45PM
Thursday	5 AM –8:45PM	5 AM - 8:45PM	5 AM – 8:45PM	N/A	N/A	5 AM – 8:45PM	5 AM –8:45PM
Friday	5AM – 9:15AM 10AM - 7:45PM	5 AM - 7:45PM	5 AM – 7:45PM	Aqua Sculpt 9:15am-10am	N/A	5 AM –7:45PM	5 AM –7:45PM
Saturday	7AM -4:45PM	7AM – 4:45PM	7AM – 4:45PM	N/A	N/A	7AM – 4:45PM	7AM -4:45PM

*SCHEDULE IS SUBJECT TO CHANGE

* HOT TUB IS CLOSED EVERY OTHER THURSDAY FOR CLEANING

* Lap Swim lane and zero depth will stay open during swimming lessons