



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

November 19th – January 10th

	OPEN SWIM	LAP SWIM	ZERO DEPTH	WATER EXERCISE	SWIMMING LESSONS	SAUNA & STEAM ROOM	HOT TUB
Sunday	10AM – 4:45PM	10AM -4:45PM	10AM – 4:45PM	N/A	N/A	10AM – 4:45PM	10AM – 4:45PM
Monday	5AM – 9:15 AM 10AM -5:45PM 6:30-8:45PM	5AM –9:15AM 10AM - 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	5AM – 8:45PM	5AM – 8:45PM
Tuesday	5 AM-8:45AM 9:30 AM– 8:45PM	5 AM – 8:45AM 9:30AM - 8:45PM	5AM – 8:45PM	AQUA YOGALATES 8:45AM -9:30AM	N/A	5 AM –8:45PM	5AM – 8:45PM
Wednesday	5 AM –5:45PM 6:30PM - 8:45PM	5 AM –5:45pm 6:30pm -8:45PM	5AM – 8:45PM	TOTAL BODY H2O 5:45PM-6:30PM	N/A	5AM –8:45PM	5AM – 8:45PM
Thursday	5 AM –8:45AM 9:30AM-8:45PM	5 AM – 8:45AM 9:30AM - 8:45PM	5AM – 8:45PM	AQUA YOGALATES 8:45AM -9:30AM	N/A	5AM – 8:45PM	5AM – 8:45PM
Friday	5 AM –9:15AM 10:00AM - 7:45PM	5 AM - 9:15AM 10AM - 7:45PM	5AM – 7:45PM	AQUA MIX 9:15AM-10AM	N/A	5AM –7:45PM	5AM – 7:45PM
Saturday	7AM -4:45PM	7AM – 4:45PM	7AM – 4:45PM	N/A	N/A	7AM – 4:45PM	7AM – 4:45PM

*SCHEDULE MAY BE SUBJECT TO CHANGE

* SPA IS CLOSED EVERY OTHER THURSDAY FOR CLEANING