



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

January 29<sup>th</sup> – February 28<sup>th</sup>

	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	*Adult Water Wellness 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

\***Adult Water Wellness** -The pool will be open just for adults to come and get their water wellness in for the day. This time is not facilitated by staff but allows YOU to utilize the pool and pool equipment for water walking, or a designated workout provided in the pool area. Adding a water work out is a great way to gain strength and mobility while protecting your joints. Come enjoy and be social!