

AQUATICS CALENDAR

EAST POOL

In Effect Aug 12-Aug 31

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------------|---|---|---|-------------------------------|
| 5:00-7:00am Water Fitness | 5:00-7:00am Water Fitness | 5:00-7:00am Water Fitness | 5:00-7:00am Water Fitness | 5:00-7:00am Water Fitness | |
| 7:00-7:45am Shallow Aqua Fit* | | 7:00-7:45am Shallow Aqua Fit* | | 7:00-7:45am Shallow Aqua Fit* | 7:30-10:30am Water Fitness |
| 8:00-8:45am Aqua Mix | | 8:00-8:45am Aqua Mix | | 8:00-8:45am Aqua Mix | |
| | | | | | |
| 11:00-12:00pm Shallow Aqua Fit* | 11:00-12:00pm Firm H2O Gold* | 11:00-12:00pm Shallow Aqua Fit* | 11:00-12:00pm Firm H2O Gold* | 11:00-12:00pm Shallow Aqua Fit* | |
| 11:00-12:00pm Deep Water Walking | 11:00-12:00pm Deep Water Walking | 11:00-12:00pm Deep Water Walking | 11:00-12:00pm Deep Water Walking | 11:00-12:00pm Deep Water Walking | |
| 12:00-1:00pm Water Fitness | 12:00-1:00pm Water Fitness | 12:00-1:00pm Water Fitness | 12:00-1:00pm Water Fitness | 12:00-1:00pm Water Fitness | |
| 1:30-3:30pm Family Open Swim <i>Aug 19 + 26</i> <i>No Open Swim on Aug 12</i> | 1:30-4:30pm Private Lessons | 1:30-3:30pm Family Open Swim <i>Aug 14 + 21</i> | | 1:30-3:30pm Family Open Swim <i>Aug 16 + 23</i> | |
| 4:00-7:30pm Private Lessons | | | | | |
| | 5:00-6:30pm Water Fitness | 5:00-6:00pm Water Fitness | 5:00-6:30pm Water Fitness | | |
| | 6:30-8:00pm Family Open Swim | 6:00-7:30pm Family Open Swim | 6:30-8:00pm Family Open Swim | | |
| 7:30-8:30pm Firm H2O | | 7:30-8:30pm Firm H2O | <i>Programs highlighted in green are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.</i> | | |

**The Zeeland Recreation pools will be closed July 28-August 10 for annual maintenance.
 August 1-10, programs will be offered at the Zeeland West Natatorium. See the Natatorium schedule for details.
 The Zeeland Recreation pools reopen and normal programming resumes on Monday, August 12.**

WEST POOL

In Effect Aug 12-Aug 31

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--|
| 5:15-7:30am Lap Swim | 5:15-7:30am Lap Swim | 5:15-7:30am Lap Swim | 5:15-7:30am Lap Swim | 5:15-7:30am Lap Swim | 8:00-10:15am Lap Swim |
| <i>Early morning time slots on Mon-Fri are: 5:15-6:00 6:00-6:45 6:45-7:30</i> | | | | | <i>Sat AM time slots are: 8:00-8:45 8:45-9:30 9:30-10:15am</i> |
| 11:00-1:15pm Lap Swim | 11:00-1:15pm Lap Swim | 11:00-1:15pm Lap Swim | 11:00-1:15pm Lap Swim | 11:00-1:15pm Lap Swim | |
| <i>Midday time slots on Mon-Fri are: 11:00-11:45 11:45-12:30 12:30-1:15</i> | | | | | |
| 5:00-7:15pm Lap Swim | 5:00-7:15pm Lap Swim | 5:00-7:15pm Lap Swim | 5:00-7:15pm Lap Swim | | |
| <i>Evening time slots on Mon-Fri are: 5:00-5:45 5:45-6:30 6:30-7:15</i> | | | | | |

Online registration for fitness classes and lap swim opens 24 hours in advance.
Patrons are encouraged to pre-register. Drop-ins welcome if space allows.