



## ZEELAND WEST NATATORIUM AQUATICS SCHEDULE

| 3390 100th Ave, Zeeland , MI 49464  |  |  |  | <b>In effect August 1-August 10</b>                              |  |
|---|--|--|--|--|--|
| MON   | TUE  | WED  | THU  | FRI  | SAT  |
| 5:15-7:30am<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>   | 5:15-7:30am<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 5:15-7:30am<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 5:15-7:30am<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 5:15-7:30am<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 8:00-10:15am<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b> |
| 7:00-7:45am<br><b>Deep<br/>Aqua Fit*</b>  |  | 7:00-7:45am<br><b>Deep<br/>Aqua Fit*</b>                         |  | 7:00-7:45am<br><b>Deep<br/>Aqua Fit*</b>                         |  |
| 8:00-8:45am<br><b>Aqua Mix</b>  |  | 8:00-8:45am<br><b>Aqua Mix</b>                                   |  | 8:00-8:45am<br><b>Aqua Mix</b>                                   |  |
| <b>Summer Dive Camp   Mon-Fri, Aug 5-9</b><br><b>Beginner Sessions: 9am-10am + 10am-11am   Intermediate Session: 11am-12:15pm</b>   |  |  |  |  |  |
| 11:00-12:00pm<br><b>Deep<br/>Aqua Fit*</b>  |  | 11:00-12:00pm<br><b>Deep<br/>Aqua Fit*</b>                       |  | 11:00-12:00pm<br><b>Deep<br/>Aqua Fit*</b>                       |  |
| 11:00-1:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 11:00-1:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b> | 11:00-1:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b> | 11:00-1:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b> | 11:00-1:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b> |  |
| 5:00-7:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>   | 5:00-7:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 5:00-7:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  | 5:00-7:15pm<br><b>Lap Swim &amp;<br/>Deep Water<br/>Walking</b>  |  |  |
| <b>The Zeeland Recreation pools will be closed July 28-August 10 for annual maintenance.</b><br><b>The pools reopen and normal programming resumes on Monday, August 12.</b>                            |  |  |  |  |  |
| <b>Programs highlighted in blue are instructor-led fitness classes.</b><br><b>Classes marked with an asterisk (*) are included in our Senior membership,</b><br><b>but not exclusively for seniors.</b> |  |  |  |  |  |

### DIRECTIONS FOR PATRONS AT THE NATATORIUM

**Registration:** 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.

**Entrance:** Use the pool entrance located on the north side of the school.

**How to Find the Locker Rooms and Pool:** Just beyond the staircase, turn right at the first hallway. Locker rooms are down the hall and to the right.

**Member Check-in:** Pool patrons must check in with the staff on the pool deck.