

# AQUATICS CALENDAR

## EAST POOL

In Effect April 29-May 18

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*	7:00-7:45am Shallow Aqua Fit*	7:00-7:45am Shallow Aqua Fit*	7:30-8:30am Water Fitness
8:00-8:45am Aqua Mix	8:00-8:45am Firm H2O	8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix	8:30-12:00pm Group Lessons
10:00-11:00am Paddle + Play Open Swim <i>Last date May 13</i>				9:30-10:45am Paddle + Play Open Swim <i>Last date May 17</i>	
11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Shallow Aqua Fit*	11:00-1:00pm Water Fitness	11:00-12:00pm Shallow Aqua Fit*	
11:00-12:00pm Deep Water Walking	12:00-1:00pm Water Fitness	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	12:15-1:15pm Private Lessons
				1:30-3:30pm Family Open Swim <i>May 10</i>	1:30-3:30pm Family Open Swim
4:30-7:00pm Group Lessons		4:30-7:00pm Group Lessons		3:00-5:00pm WMS <i>May 17</i>	3:30-4:00pm Private Lessons
	5:00-6:30pm Water Fitness		5:00-6:30pm Water Fitness	5:00-6:00pm Water Fitness	
7:00-7:30pm Private Lessons	6:30-8:00pm Family Open Swim	7:00-7:30pm Private Lessons	6:30-8:00pm Family Open Swim	6:00-7:30pm Family Open Swim	
7:30-8:30pm Firm H2O		7:30-8:30pm Firm H2O	<i>Programs highlighted in purple are instructor-led fitness classes. Programs marked with an asterisk (*) are classes included in our Senior Membership, but not exclusively for seniors.</i>		

## WEST POOL

In Effect April 29-May 18

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	8:00-9:30am Lap Swim
Early morning time slots on Mon-Fri are: 5:15-6:00   6:00-6:45   6:45-7:30					Sat AM time slots are: 8:00-8:45   8:45-9:30
May 13-May 24   7:35-8:30am   Ross					9:45-10:45am Special Olympics May 18
May 13-May 24   8:35-9:30am   Kowal					
May 13-May 24   9:35-10:30am   Ross					
					11:00-1:00pm WMS May 18
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	1:30-3:00pm Lap Swim
Midday time slots on Mon-Fri are: 11:00-11:45   11:45-12:30   12:30-1:15					Sat PM time slots are: 1:30-2:15   2:15-3:00
May 13-May 24   1:35-2:30pm   Ross					
				3:00-5:00pm WMS May 17	
5:00-6:30pm Lap Swim	5:00-6:30pm Lap Swim	5:00-6:30pm Lap Swim	5:00-6:30pm Lap Swim	5:00-6:30pm Lap Swim	
Evening time slots on Mon-Fri are: 5:00-5:45   5:45-6:30					
	6:00-7:15pm ZAGS Preseason		6:00-7:15pm ZAGS Preseason		

Online reservations ONLY for fitness classes and lap swim (drop-ins welcome if space allows)

## NEW AQUATICS PROGRAMS

Visit [www.ZeelandRecreation.org](http://www.ZeelandRecreation.org) for additional details and registration

## DOLLAR OPEN SWIM DAYS

Dollar open swim days are designated family open swim dates happening throughout the year. Each day has a theme and, when you fulfill the day's requirement, you pay just \$1 to enjoy a great time in the pool! Let's have fun, feel good, and do good together! Mark your calendar! The next Dollar Open Swim Day is Tues, June 11 and the theme is "Schools Out For The Summer"! Come join the fun and help us create a Community Summer Bucket List!