

AQUATICS CALENDAR

EAST POOL

In Effect June 10

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*	7:30-10:30am 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	
	9:00-10:45am Group Lessons		9:00-10:45am Group Lessons		
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	1:30-3:30pm Private Lessons	1:30-3:30pm Family Open Swim	1:30-3:30pm Private Lessons	1:30-3:30pm Family Open Swim	
3:30-7:00pm Group Lessons		3:30-7:00pm Group Lessons			
	5:00-6:30pm Water Fitness		5:00-6:30pm Water Fitness		
	6:30-8:00pm Family Open Swim		6:30-8:00pm Family Open Swim		
7:00-7:30 Private Lessons	<i>June 11 Dollar Open Swim Day See back for details</i>	7:00-7:30 Private Lessons			
7:30-8:30pm Firm H2O		7:30-8:30pm Firm H2O	<i>Programs highlighted in orange 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 June 10

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
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 9:30-10:15am
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	
Midday time slots on Mon-Fri are: 11:00-11:45 11:45-12:30 12:30-1:15					
5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim	5:00-7:15pm Lap Swim		
Evening time slots on Mon-Fri are: 5:00-5:45 5:45-6:30 6:30-7:15					

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

NEW AQUATICS PROGRAMS

Visit 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!