

AQUATICS CALENDAR

EAST POOL

In Effect March 4 - March 30

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
NEW PROGRAM Splish Splash Storytime Mar 18 + Apr 15 Registration required See back for details		10:00-11:00am ZW Adaptive PE Mar 20 Stein + Klyn			
10:00-11:00am Paddle + Play Open Swim	Mar 12-Mar 14 8:35-9:30am Westhouse			9:30-10:45am Paddle + Play Open Swim Skip Mar 29	
11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O	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 Mar 22	1:30-3:30pm Family Open Swim
4:30-7:00pm Group Lessons		4:30-7:00pm Group Lessons			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 blue 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 March 4 - March 30

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 timeslots are: 8:00-8:45 8:45-9:30
Mar 11-Mar 15 8:35-9:30am Westhouse					
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 timeslots are: 1:30-2:15 2:15-3:00
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					

Patrons may register for lap swim 24-hours in advance in-person, by phone, and online.

Important Note: Registration will be available exclusively online starting April 1.

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!

PARENT + CHILD SPLISH SPLASH STORYTIME

Led by Julie Russell, Howard Miller Librarian, Splish Splash Storytime is a great opportunity for your child to socialize with other young children while developing their love of reading, learning, and swimming! Each day will begin with 30-minutes of on-deck fun where children will listen to stories and sing songs followed by 60-minutes of Paddle + Playtime in the pool with a parent/guardian. Registration is necessary and spots are limited.