

AQUATICS CALENDAR

EAST POOL

In Effect May 20-June 8

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*	7:30-9:30am Water Fitness <i>New Time Begins May 25</i>
8:00-8:45am Aqua Mix	8:00-8:45am Firm H2O <i>Canceled June 4</i>	8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix	
	7:55-11:55am Sixth Grade Field Day <i>June 4</i>			9:30-11:30am Woodbridge Second Grade End of Year Pool Party <i>May 31</i>	
11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold* <i>12:00-1:00pm June 4</i>	11:00-12:00pm Shallow Aqua Fit*	11:00-12:00pm Firm H2O Gold*	11:00-12:00pm Shallow Aqua Fit* <i>Canceled May 31</i>	
11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking <i>12:00-1:00pm June 4</i>	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking <i>Canceled May 23 + 30</i>	11:00-12:00pm Deep Water Walking <i>Canceled May 31</i>	
12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness <i>Canceled June 4</i>	12:00-1:00pm Water Fitness	12:00-1:00pm Water Fitness <i>Canceled May 23 + 30</i>	12:00-1:00pm Water Fitness	12:15-1:15pm Private Lessons
		1:30-3:30pm Family Open Swim <i>June 5</i>	1:30-3:30pm Family Open Swim <i>June 6</i>	1:30-3:30pm Family Open Swim <i>June 7</i>	1:30-3:30pm Family Open Swim
	5:00-6:30pm Water Fitness <i>Canceled May 21</i>		5:00-6:30pm Water Fitness <i>Canceled May 23</i>	5:00-6:00pm Water Fitness	
<i>Splashball Water Polo Camp: Mon-Thurs, May 20-23 4:30-6:30pm</i>					
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 May 20-June 8

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
<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</i>
May 13-May 24 7:35-8:30am Ross					
May 13-May 24 8:35-9:30am Kowal					
May 13-May 24 9:35-10:30am Ross					
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>Canceled May 23 + 30</i>	11:00-1:15pm Lap Swim	1:30-3:00pm Lap Swim
<i>Midday time slots on Mon-Fri are: 11:00-11:45 11:45-12:30 12:30-1:15</i>					<i>Sat PM time slots are: 1:30-2:15 2:15-3:00</i>
May 13-May 24 1:35-2:30pm Ross					
May 28-31 + June 3-6 11:40-2:40 Colin Murphy Black River Project Term					
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	
<i>Evening time slots on Mon-Fri are: 5:00-5:45 5:45-6:30</i>					
	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 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!