



Zeeland Recreation Aquatics Calendar

Zeeland Recreation | 320 E Main | Zeeland, MI 49464 | 616.748.3230

In effect January 20 | Schedule subject to change

EAST POOL (WARM)

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	7:30-8:30am Water Fitness
7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi	Swim Lessons
				TEMPORARILY SUSPENDED 9:30-10:45am Paddle & Play Open Swim Jan 22-May 14 (Skip dates Apr 2, 9)	
11:00-12:00pm Deep Water Walking	11:00-1:00pm Water Fitness	11:00-12:00pm Deep Water Walking	11:00-1:00pm Water Fitness	11:00-12:00pm Deep Water Walking	
11:00-12:00pm Midday Movers Heidi		11:00-12:00pm Midday Movers Heidi		11:00-12:00pm Midday Movers Heidi	
12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness	
		TEMPORARILY SUSPENDED 1:30-2:30pm Adaptive Open Swim Feb 10, Mar 10, Apr 14, May 12			
Swim Lessons	5:30-7:00pm Water Fitness	Swim Lessons	5:30-7:00pm Water Fitness	5:30-7:00pm Water Fitness	
	TEMPORARILY SUSPENDED 7:00-8:30pm Open Swim		TEMPORARILY SUSPENDED 7:00-8:30pm Open Swim	TEMPORARILY SUSPENDED 7:00-8:30pm Open Swim	

WEST POOL (COOL)

5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	7:30-10:30am Lap Swim
9:00-10:00am Deep H2O Heidi	9:00-10:00am Firm H2O Trish	9:00-10:00am Deep H2O Heidi	9:00-10:00am Firm H2O Trish	9:00-10:00am Deep H2O Heidi	
11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	1:30-3:30pm Lap Swim
5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:00pm Lap Swim	
7:30-8:30pm Firm H2O Trish	7:30-8:30pm Hydro Cardio Suzette	7:30-8:30pm Firm H2O Trish			

Lap Swim Program Note: Due to social distancing guidelines, we are asking members to sign up for lap swim times. Stop by or call our service desk at 748-3230 for more details and reserve your spot today!

AQUATIC CLASS DESCRIPTIONS

Deep H2O- Uses the water's resistance to deliver an excellent full body workout appropriate for all fitness levels.

Firm H2O- Each class will include 30-minutes of shallow water high intensity interval training, followed by 30-minutes of strength and endurance training throughout the pool for an effective total body workout.

Hydro Cardio- A high-energy class that combines shallow and deep-water components to improve strength and endurance.

Midday Movers- Designed to strengthen and tone muscles and provide a gentle cardiovascular workout.

Sunrise Stretch & Stride- Designed to strengthen and tone muscles and increase flexibility, balance and coordination.

STUDIO CLASS DESCRIPTIONS

Classical Yoga Level 1- A beginner class focusing on alignment to help develop strength, stamina, balance and flexibility.

Classical Yoga Level 2- A wider variety of poses studied more deeply and poses that are more complicated introduced.

Gentle Yoga- Poses taught with modifications. Perfect for new yogis or those who prefer a slower-paced class.

Introduction Classes- Classes designed to help you feel comfortable and confident when you step into your first spin, yoga and Pilates class! Come dressed to participate and ready to have some fun!

Senior Strong & Balanced- Designed to build bone strength and enhance muscular strength and endurance.

Spin- Burns serious calories and offers an awesome aerobic workout.

Yoga-Pilates Fusion- Gain the benefits of a yoga class with core-strengthening moves that slims the body.

Zumba- A high-energy workout to tone and sculpt your entire body.