

# ZEELAND RECREATION AQUATICS SCHEDULE

The Zeeland Recreation pools will be closed over Spring Break, March 31-April 8, to begin work on the installation of a new fire system at Cityside Middle School. The pools will reopen on Monday, April 10. See the Zeeland West Natatorium schedule for program availability.

## EAST POOL

In effect January 30, 2023 | Subject to change

REV March 22, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-7:00am Water Fitness		5:00-7:00am Water Fitness		5:00-7:00am Water Fitness	7:30-10:30am Water Fitness  <i>New Time!</i> <i>7:30-8:30am</i> <i>Apr 15-May 20</i>
7:00-7:45am Shallow Aqua Fit Kendra		7:00-7:45am Shallow Aqua Fit Kendra		7:00-7:45am Shallow Aqua Fit Kendra	8:30-12:00pm Youth Swim Lessons <i>Begin Apr 15</i>
8:00-8:45am Aqua Mix Kendra		8:00-8:45am Aqua Mix Kendra		8:00-8:45am Aqua Mix Kendra	
				9:30-10:45am Paddle & Play Open Swim  <i>Mar 17-May 19</i> <i>(skip Mar 31 &amp; Apr 7)</i>	
11:00-12:00pm Shallow Aqua Fit Kendra		11:00-12:00pm Shallow Aqua Fit Kendra		11:00-12:00pm Shallow Aqua Fit Kendra	
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	
					1:30-3:30pm Family Open Swim
4:30-7:00pm Group Lessons <i>Begin Apr 10</i>	5:30-7:00pm Water Fitness	4:30-7:00pm Group Lessons <i>Begin Apr 12</i>	5:30-7:00pm Water Fitness	5:30-7:00pm Water Fitness	
7:00-8:30pm Water Fitness	7:00-8:30pm Family Open Swim	7:00-8:30pm Water Fitness	7:00-8:30pm Family Open Swim	7:00-8:30pm Family Open Swim	

See back side for the west pool schedule.

## WEST POOL

In effect January 30, 2023 | Subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-7:15am Lap Swim		5:15-7:15am Lap Swim		5:15-7:15am Lap Swim	7:45-9:15am Lap Swim  <i>New Time!</i> <i>9:00-11:30am</i> <i>Apr 15-May 20</i>
ZPS Swim Lessons	ZPS Swim Lessons	ZPS Swim Lessons	ZPS Swim Lessons	ZPS Swim Lessons	9:15-10:15am Youth Aquatics Program
11:00-1:00pm Lap Swim		11:00-1:00pm Lap Swim		11:00-1:00pm Lap Swim	1:30-3:30pm Lap Swim
5:30-7:00pm Lap Swim	5:30-7:00pm Lap Swim	5:30-7:00pm Lap Swim	5:30-7:00pm 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 Swimmers:** To ensure your spot in a lane, we encourage you to pre-register. Stop by or call our service desk at 748-3230 for more details.

### CLASS AND PROGRAM DESCRIPTIONS

**Aqua Mix:** A medium intensity deep water workout that combines cardio, core, and strength training. Class will incorporate interval training, resistance equipment, and suspended movements all designed to burn fat, increase cardiovascular fitness, and muscle tone.

**Deep Water Walking:** A non-instructor led aquatics program that allows you time in the pool to exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

**Family Open Swim:** A great time for all ages to enjoy the pool - from infants to teenagers to seniors and everyone in between! We have a diving board, youth water slide, basketball hoops and various pool toys and floats, along with life jackets, puddle jumpers and infant floats for non-swimmers. Come join the fun!

**Firm H2O:** 30-minutes of shallow water HIIT, followed by 30-minutes of strength and endurance training throughout the pool for a total body workout.

**Hydro Cardio:** A high energy class combining shallow and deep water components to improve strength, endurance, and cardio performance.

**Lap Swim:** An great cardio workout that burns tons of calories and doesn't put stress on bones and joints.

**Parent & Tot: Paddle & Play Open Swim:** A special time in the pool for parents and young children to enjoy playtime with friends. For your convenience, we also provide life jackets, puddle jumpers and infant floats for non-swimmers

**Shallow Aqua Fit:** This low-to-medium intensity class is performed in shallow water and is designed to improve joint stability, coordination, heart health, and strength. The class will incorporate cardio and strength movements with low-to-no impact moves

**Water Fitness:** A non-instructor led aquatics program that allows you time in the pool to exercise at your own pace. The shallow and deep ends of the pool are available at this time. Fitness equipment is available.