

# AQUATICS CALENDAR

**EAST POOL**

In Effect September 4-September 30, 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	
7:00-7:45am Aqua Fit		7:00-7:45am Aqua Fit		7:00-7:45am Aqua Fit	7:30-8:30am Water Fitness
8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix		8:00-8:45am Aqua Mix	8:30-12:00pm Group Swim Lessons
				9:30-10:45am Paddle & Play Open Swim <i>Begins Sept 22</i>	
11:00-12:00pm Aqua Fit		11:00-12:00pm Aqua Fit		11:00-12:00pm Aqua Fit	
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	12:15-1:15pm Private Swim Lessons
				1:30-3:00pm Family Open Swim <i>Sept 15 + 29 *Note early end time</i>	1:30-3:30pm Family Open Swim
3:00-5:00pm Varsity Dive Practice	3:00-5:00pm Varsity Dive Practice	3:00-5:00pm Varsity Dive Practice	3:00-5:00pm Varsity Dive Practice	3:00-5:00pm Varsity Dive Practice	
5:30-7:00pm Swim Lessons	5:00-6:00pm Water Fitness <i>Ends at 5:45pm on Sept 26</i>	5:30-7:00pm Swim Lessons	5:00-6:00pm Water Fitness <i>Ends at 5:45pm on Sept 28</i>	5:00-6:00pm Water Fitness	
	6:00-7:30pm Family Open Swim <i>No Open Swim on Sept 26</i>		6:00-7:30pm Family Open Swim <i>No Open Swim on Sept 28</i>	6:00-7:30pm Family Open Swim	
7:30-8:30pm Firm H2O	7:30-8:30pm Aqua Burn <i>Begins at 7:45pm on Sept 26</i>	7:30-8:30pm Firm H2O			

# WEST POOL

In Effect September 4-September 30, 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-7:15am Lap Swim	5:15-6:15am <b>NEW! TRI Club</b> <i>Begins Sept 19 Register today!</i>	5:15-7:15am Lap Swim	5:45-6:45am Varsity Swim Practice	5:15-7:15am Lap Swim	8:00-10:00am Lap Swim
<p>Try the TRI Club   Tues, Sept 12   5-6pm   Zeeland Rec Pools Interested in learning more before you sign up? Join us for a FREE informational meeting and 30-minute in water practice. Preregistration is not necessary to attend.</p>					10:00-1:30am Varsity + WMS Swim Practice
11:00-1:00pm Lap Swim		11:00-1:00pm Lap Swim		11:00-1:00pm Lap Swim	1:30-3:30pm Lap Swim
3:00-5:00pm Varsity Swim Practice	3:00-5:00pm Varsity Swim Practice	3:00-5:00pm Varsity Swim Practice	3:00-5:00pm Varsity Swim Practice	3:00-5:00pm Varsity Swim Practice	
5:00-6:00pm Lap Swim	5:00-6:00pm Lap Swim	5:00-6:00pm Lap Swim	5:00-6:00pm Lap Swim	5:00-6:00pm Lap Swim	
6:00-8:30pm Varsity Polo Practice	6:00-8:30pm Varsity Polo Practice	6:00-8:30pm Varsity Polo Practice	6:00-8:30pm Varsity Polo Practice	6:00-8:30pm Varsity Polo Practice	

**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 Burn:** A high energy class that combines shallow and deep water components to improve strength, endurance and cardiovascular performance.

**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 H20:** 30-min of shallow water HIIT and 30-min of strength and endurance training for a total body workout.

**Aqua Burn:** A high energy class that combines shallow and deep water components to improve strength, endurance and cardiovascular performance.

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

**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.

**Aqua Fit:** A low-to-medium intensity shallow water class designed to improve joint stability, coordination, heart health, and strength. Class incorporates 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.