SUMMER Aquatics Calendar

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

EAST POOL (WARM)

Schedule in effect June 1 thru August 31

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	7:30-10:30am Water Fitness
7:00-8:00am Sunrise Stretch & Stride		7:00-8:00am Sunrise Stretch & Stride		7:00-8:00am Sunrise Stretch & Stride	
9:00-10:45am Swim Lessons	9:00-10:45am Swim Lessons	9:00-10:45am Swim Lessons	9:00-10:45am Swim Lessons		
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		11:00-12:00pm Midday Movers		11:00-12:00pm Midday Movers	
12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness	
1:30-3:30pm Open Swim		1:30-3:30pm Open Swim		1:30-3:30pm Open Swim	
4:30-7:00pm Swim Lessons	4:30-7:00pm Swim Lessons	4:30-7:00pm Swim Lessons	4:30-7:00pm Swim Lessons		
7:00-8:30pm Water Fitness	7:00-8:30pm Open Swim	7:00-8:30pm Water Fitness	7:00-8:30pm Open Swim		

WEST POOL (COOL)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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
8:00-9:00am Deep H2O		8:00-9:00am Deep H2O		8:00-9:00am Deep H2O	
9:00-9:45am Swim Lessons	9:00-9:45am Swim Lessons	9:00-9:45am Swim Lessons	9:00-9:45am Swim Lessons		
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	
5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim		
7:30-8:30pm Energy H2O	7:30-8:30pm Hydro Cardio	7:30-8:30pm Energy H2O			

Schedule subject to change. Visit www.zeelandrecreation.org for the most up-to-date information.

AQUATIC CLASS DESCRIPTIONS

AQUATIC BODY CONDITIONING (ABC) **See you in the fall!**

Class will provide a full body workout designed to improve your energy level, flexibility, balance, agility and core strength. Held in the shallow and deep end of the east (warm) pool. All fitness levels welcome!

DEEP H2O- NEW time for summer! **M, W, F 8:00-9:00am**

Deep H2O uses the water's resistance to deliver an excellent full body workout appropriate for all fitness levels. A buoyancy belt is provided to help participants maintain proper balance and posture in the water.

ENERGY H2O **M, W, 7:30-8:30pm**

This multi-level aquatic class provides a work-at-your-own pace environment. Class uses a variety of equipment to increase cardio, strength and flexibility.

HYDRO CARDIO **Tues, 7:30-8:30pm**

A high-energy aquatic class that combines shallow and deep water components for a challenging workout designed to improve strength, definition and endurance.

MIDDAY MOVERS **M, W, F, 11:00-12:00pm**

An instructor-led aquatic exercise class designed to strengthen and tone muscles and give participants a gentle cardiovascular workout.

SUNRISE STRETCH & STRIDE **M, W, F, 7:00-8:00am**

An instructor-led aquatic class designed to strengthen and tone muscles and increase flexibility, balance and coordination. A great class for those who experience pain associated with arthritis, fibromyalgia, lupus or other joint and muscle conditions.

WATER WALKING, DEEP WATER WALKING & LAP SWIM **See calendar for details**

Non-instructor led aquatic programs that allow members to exercise in the pool at their own pace. Fitness equipment is available.

*Water Fitness: Deep and shallow ends of the warm pool
**Deep Water Walking: Deep end of the warm pool only