




July Aquatics Calendar REV JULY 11 CITYSIDE EAST POOL (WARM)

320 East Main | Zeeland, Michigan | Direct: 616.748.3230

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>Multiple ways to pay- by session (classes only), drop-in or purchase a 10-visit punch card. NEW! Fitness Center memberships include use of cardio & fitness room <u>AND</u> participation in lap swim and water fitness.</p>					<p>SUMMER HOURS IN EFFECT JUNE 5 THRU SEPT 5 FITNESS CENTER CLOSSES AT 4pm FRI & 11am SAT</p>
<p>FITNESS CENTER CLOSED HAPPY INDEPENDENCE DAY</p>		5	6	7	8
		5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 12-1pm Water Fitness 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim	7:30-11am Water Fitness
10	11	12	13	14	15
5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:00-8:00pm Swim Lessons	5:30-7am Water Fitness 12-1pm Water Fitness 1:00-2:00pm Flipside Gymnastics 2:00-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:00-8:00pm Swim Lessons	5:30-7am Water Fitness 12-1pm Water Fitness 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim	7:30-11am Water Fitness
17	18	19	20	21	22
5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:00-8:00pm Swim Lessons	5:30-7am Water Fitness 12-1pm Water Fitness 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:00-8:00pm Swim Lessons	5:30-7am Water Fitness 12-1pm Water Fitness 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim	7:30-11am Water Fitness
24/31	25	26	27	28	29
5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:00-8:00pm Swim Lessons	5:30-7am Water Fitness 12-1pm Water Fitness 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-7:15pm Compassionate Heart 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim 5:00-8:00pm Swim Lessons	5:30-7am Water Fitness 12-1pm Water Fitness 1:30-3:30pm Open Swim 5:30-6:30pm Water Fitness 6:30-8:30pm Open Swim	5:30-7am Water Fitness 7-8am Sunrise Stretch Stride 12-1pm Deep Water Walking 12-1pm Midday Movers 1:30-3:30pm Open Swim	7:30-11am Water Fitness

Water fitness includes shallow and deep water walking only. See lap swim schedule in the west pool on opposite side.

Schedule Update: Due to summer swim lessons, Midday Movers and Water Fitness will meet at 12-1pm from June 12-July 28.