



Aquatics Calendar

ZEELAND RECREATION EAST POOL (WARM)

320 East Main | Zeeland, Michigan | Direct: 616.748.3230

In effect September 5, 2017 thru December 31, 2017. **REVISED SEPTEMBER 27, 2017**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am Water Fitness	5:30-7:00am Water Fitness	5:30-7:00am Water Fitness	5:30-7:00am Water Fitness	5:30-7:00am Water Fitness	7:30-8:30am Water Fitness
7:00-8:00am Sunrise Stretch & Stride		7:00-8:00am Sunrise Stretch & Stride		7:00-8:00am Sunrise Stretch & Stride	8:30-12:00pm Swim Lessons Preschool thru Level 6
				9:45-11:00am NEW! Paddle & Play <i>Begins Oct 6</i>	
11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	11:00-12:00pm Deep Water Walking	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	
4:30-5:15pm Swim Lessons Preschool thru Level 4		4:30-5:15pm Swim Lessons Preschool thru Level 4			
5:30-6:30pm Water Fitness	5:30-6:30pm Water Fitness	5:30-6:30pm Water Fitness	5:30-6:30pm Water Fitness	5:30-6:30pm Water Fitness	
6:45-7:15pm Swim Lessons Parent & Child		6:45-7:15pm Swim Lessons Parent & Child			
7:30-8:30pm Open Swim	6:30-8:30pm Open Swim	7:30-8:30pm Open Swim	6:30-8:30pm Open Swim	6:30-8:30pm Open Swim	

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

Swim Lessons- For your convenience, Zeeland Recreation offers swim lessons for children ages 6 months and older on Mondays, Wednesdays and Saturdays during the school year. Pre-enrollment is necessary. Please check with our service desk for availability.

NEW! Parent and Tot: Paddle and Play- A special open swim time for parents and preschoolers to enjoy swimming and play time with friends.

Open to children ages 5 and under when accompanied by a parent. Parent must be in the water and provide supervision for their child(ren).

Cost is \$2 per person. Family Fitness Center Memberships and Semi-Annual Open Swim Passes may also be used.

Paddle & Play meets on Fridays beginning Oct 6-Nov 17 and resumes on Jan 19-May 25.

Schedule subject to change. Visit our website <http://recreation/zps.org> for the most up-to-date calendar of classes.