



Aquatics Calendar

ZEELAND RECREATION EAST POOL (WARM)

320 East Main | Zeeland, Michigan | Direct: 616.748.3230

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 Paddle & Play <i>Meets thru May 25</i>	
11:00-12:00pm Deep Water Walking	11:00-12:00pm Water Fitness	11:00-12:00pm Deep Water Walking	11:00-12:00pm 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	
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	

During **Water Fitness** participants have access to the entire pool, shallow and deep ends. Aquatic fitness equipment is also available.

See the backside of the calendar for lap swim schedule in the west pool.

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.

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 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.