



# 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<br><b>Water Fitness</b>                          | 5:30-7:00am<br><b>Water Fitness</b>        | 5:30-7:00am<br><b>Water Fitness</b>                          | 5:30-7:00am<br><b>Water Fitness</b>        | 5:30-7:00am<br><b>Water Fitness</b>                               | 7:30-8:30am<br><b>Water Fitness</b>                           |
| 7:00-8:00am<br><b>Sunrise Stretch &amp; Stride</b>           |                                            | 7:00-8:00am<br><b>Sunrise Stretch &amp; Stride</b>           |                                            | 7:00-8:00am<br><b>Sunrise Stretch &amp; Stride</b>                | 8:30-12:00pm<br><b>Swim Lessons</b><br>Preschool thru Level 6 |
|                                                              |                                            |                                                              |                                            | 9:45-11:00am<br><b>Paddle &amp; Play</b><br><i>Resumes Jan 19</i> |                                                               |
| 11:00-12:00pm<br><b>Deep Water Walking</b>                   | 11:00-12:00pm<br><b>Deep Water Walking</b> | 11:00-12:00pm<br><b>Deep Water Walking</b>                   | 11:00-12:00pm<br><b>Deep Water Walking</b> | 11:00-12:00pm<br><b>Deep Water Walking</b>                        |                                                               |
| 11:00-12:00pm<br><b>Midday Movers</b>                        |                                            | 11:00-12:00pm<br><b>Midday Movers</b>                        |                                            | 11:00-12:00pm<br><b>Midday Movers</b>                             |                                                               |
| 4:30-5:15pm<br><b>Swim Lessons</b><br>Preschool thru Level 4 |                                            | 4:30-5:15pm<br><b>Swim Lessons</b><br>Preschool thru Level 4 |                                            |                                                                   |                                                               |
| 5:30-6:30pm<br><b>Water Fitness</b>                          | 5:30-6:30pm<br><b>Water Fitness</b>        | 5:30-6:30pm<br><b>Water Fitness</b>                          | 5:30-6:30pm<br><b>Water Fitness</b>        | 5:30-6:30pm<br><b>Water Fitness</b>                               |                                                               |
| 6:45-7:15pm<br><b>Swim Lessons</b><br>Parent & Child         |                                            | 6:45-7:15pm<br><b>Swim Lessons</b><br>Parent & Child         |                                            |                                                                   |                                                               |
| 7:30-8:30pm<br><b>Open Swim</b>                              | 6:30-8:30pm<br><b>Open Swim</b>            | 7:30-8:30pm<br><b>Open Swim</b>                              | 6:30-8:30pm<br><b>Open Swim</b>            | 6:30-8:30pm<br><b>Open Swim</b>                                   |                                                               |

**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.

**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.