



Aquatics Calendar

ZEELAND RECREATION WEST POOL (COOL)

320 East Main | Zeeland, Michigan | Direct: 616.748.3230

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	5:30-7:00am Lap Swim	7:30-11:00am Lap Swim
9:00-10:00am Deep H2O		9:00-10:00am Deep H2O		9:00-10:00am Deep H2O	
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	5:30-8:30pm Lap Swim	
7:30-8:30pm Energy H2O	7:30-8:30pm Hydro Cardio	7:30-8:30pm Energy H2O	7:30-8:30pm Energy H2O		

Designated open lap lanes- During non-peak hours, competitive youth swimmers ages 8-12 years old will be allowed to swim laps.
Please view the Lap Swim Policy on our website or call our service desk for guidelines.

Multiple ways to pay- by session (instructor-led classes only), drop in or purchase a 10-visit punch card.

Note: All Fitness Center Memberships include usage of the cardio & fitness room **AND** participation in lap swim and water fitness.

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