



# 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 <b>Water Fitness</b>	5:30-7:00am <b>Water Fitness</b>	5:30-7:00am <b>Water Fitness</b>	5:30-7:00am <b>Water Fitness</b>	5:30-7:00am <b>Water Fitness</b>	7:30-8:30am <b>Water Fitness</b>
7:00-8:00am <b>Sunrise Stretch &amp; Stride</b>		7:00-8:00am <b>Sunrise Stretch &amp; Stride</b>		7:00-8:00am <b>Sunrise Stretch &amp; Stride</b>	8:30-12:00pm <b>Swim Lessons</b> Preschool thru Level 6
				9:45-11:00am <b>Paddle &amp; Play</b> <i>Meets thru May 25</i>	
11:00-12:00pm <b>Deep Water Walking</b>	11:00-12:00pm <b>Water Fitness</b>	11:00-12:00pm <b>Deep Water Walking</b>	11:00-12:00pm <b>Water Fitness</b>	11:00-12:00pm <b>Deep Water Walking</b>	
11:00-12:00pm <b>Midday Movers</b>		11:00-12:00pm <b>Midday Movers</b>		11:00-12:00pm <b>Midday Movers</b>	
4:30-5:15pm <b>Swim Lessons</b> Preschool thru Level 4		4:30-5:15pm <b>Swim Lessons</b> Preschool thru Level 4			
5:30-6:30pm <b>Water Fitness</b>	5:30-6:30pm <b>Water Fitness</b>	5:30-6:30pm <b>Water Fitness</b> <i>See program note below</i>	5:30-6:30pm <b>Water Fitness</b>	5:30-6:30pm <b>Water Fitness</b>	
6:45-7:15pm <b>Swim Lessons</b> Parent & Child		6:45-7:15pm <b>Swim Lessons</b> Parent & Child			
7:30-8:30pm <b>Open Swim</b>	6:30-8:30pm <b>Open Swim</b>	7:30-8:30pm <b>Open Swim</b>	6:30-8:30pm <b>Open Swim</b>	6:30-8:30pm <b>Open Swim</b>	

**SPECIAL PROGRAMMING NOTE: Zeeland Recreation Pools are closed March 30-April 7 due to construction.**

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.

*Water Fitness is not be available on Wednesday, April 11, 18, 25, May 2, 16 and 26 due to swim lessons.*

**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.