


# Main Pool & Spa Schedule

**MAY 24 – 31, 2024**

**\*Main Pool & Spa closes at 12:50 p.m. on May 24, 25, 26 & 27**

|   | Sunday   | Monday   | Tuesday   | Wednesday   | Thursday   | Friday   | Saturday   |
|---|--|--|---|---|--|--|--|
| Spa Schedule  | 10 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m.                                    | 6 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m.                               | 6 a.m. – 12:50 p.m.<br>Closed 12:50 – 5 p.m.<br>5 – 7:45 p.m.   | 6 a.m. – 12:50 p.m.<br>Closed 12:50 – 5 p.m.<br>5 – 7:45 p.m.   | 6 a.m. – 12:50 p.m.<br>Closed 12:50 – 5 p.m.<br>5 – 7:45 p.m.  | 6 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m.                               | 7 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m.       |
| Water Workout Schedule  | Aqua Zumba (S)<br>10 – 10:50 a.m. (3 Ln)   |  | Fit Waves (D)<br>9 – 9:50 a.m.<br>Tone & Talk (D)<br>7 – 7:45 p.m. (4 Ln)   | Move & Groove (S)<br>9 – 9:50 a.m.<br>Worth the W.A.I.T.<br>7 – 7:45 p.m. (4 Ln)  | Fit Waves (D)<br>9 – 9:50 a.m.<br>Tone & Talk (D)<br>7 – 7:45 p.m. (4 Ln)  | Move & Groove (S)<br>9 – 9:50 a.m.   | Fit Waves (D)<br>9 – 9:50 a.m. (4 Ln)                                |
| Lap/Open Swim Schedule<br><small>Lap swim is 8 lanes unless otherwise specified</small> | Lap Swim<br>10 – 11 a.m. (5 Ln)<br>11 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m. | Lap Swim<br>6 – 8:45 a.m.<br>10 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m. | Lap Swim<br>6 – 8:45 a.m.<br>10 a.m. – 12:50 p.m.<br>Closed 12:50 – 5 p.m.<br>7 – 7:45 p.m.<br>Main Pool & Spa<br>Closed at 7:45 p.m. | Lap Swim<br>6 – 8:45 a.m.<br>10 a.m. – 12:50 p.m.<br>Closed 12:50 – 5 p.m.<br>5 – 6:45 p.m. (4 Ln)<br>7 – 7:45 p.m.<br>Main Pool & Spa<br>Closed at 7:45 p.m. | Lap Swim<br>6 – 8:45 a.m.<br>10 a.m. – 12:50 p.m.<br>Closed 12:50 – 5 p.m.<br>5 – 6:45 p.m.<br>7 – 7:45 p.m.<br>Main Pool & Spa<br>Closed at 7:45 p.m. | Lap Swim<br>6 – 8:45 a.m.<br>10 a.m. – 12:50 p.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m. | Lap Swim<br>7 – 8:45 a.m.<br>Main Pool & Spa<br>Closed at 12:50 p.m. |

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| Special Dates  | Spa Schedule  | Water Workout Schedule   | Lap/Open Swim Schedule  |
|--|---|--|---|
|  | <b>May 24, 25, 26 &amp; 27:</b> Main Pool & Spa closes at 12:50 p.m. for Water Park Opening Weekend<br><b>May 27:</b> KRC closes at 2 p.m. for Memorial Day | <b>May 24, 25, 26 &amp; 27:</b> Main Pool & Spa closes at 12:50 p.m. for Water Park Opening Weekend<br><b>May 27:</b> No Classes | <b>May 24, 25, 26 &amp; 27:</b> Main Pool & Spa closes at 12:50 p.m. for Water Park Opening Weekend<br><b>May 27:</b> KRC closes at 2 p.m. for Memorial Day |



Calendar finalized 5/14/2024

Download the PlayKettering app for all Main Pool and Spa schedule changes.

## Regular Schedule for KRC

|                          |                     |
|--------------------------|---------------------|
| <b>Monday – Thursday</b> | 5:30 a.m. – 10 p.m. |
| <b>Friday</b>            | 5:30 a.m. – 8 p.m.  |
| <b>Saturday</b>          | 7 a.m. – 6 p.m.     |
| <b>Sunday</b>            | 10 a.m. – 6 p.m.    |

|                      |                |                    |
|----------------------|----------------|--------------------|
| <b>Special Dates</b> | <b>Holiday</b> | <b>Hours</b>       |
| May 27               | Memorial Day   | 5:30 a.m. – 2 p.m. |

**Kettering Recreation Complex**  
2900 Glengarry Drive, Kettering, OH 45420  
937-296-2587

## Kettering Aquatics Daily Admission and Pass Pricing

|                              | Residents | Non-Residents |
|------------------------------|-----------|---------------|
| <b>Daily Admission</b>       |           |               |
| 2 and Under (free with pass) | \$2       | \$4           |
| Youth (3 – 17)               | \$6       | \$9           |
| Adult (18+)                  | \$7       | \$11          |

### Annual Pass – (monthly rate) Valid 1 year from date of purchase

|                            |              |              |
|----------------------------|--------------|--------------|
| Youth (3 – 17)             | \$115 (\$13) | \$172 (\$18) |
| Adult (18 +)               | \$150 (\$15) | \$222 (\$22) |
| Family (2 adults, 4 youth) | \$420 (\$37) | \$630 (\$55) |

Daily Admission and Passes may be applied to all public Open Swim, Lap Swim, Water Workout (drop-in only), and Spa visits.

## Water Workout Classes

We offer a variety of Water Workout classes both drop-in and registered. All water workout classes consist of aerobic routines, stretching and toning with benefits such as improved flexibility, improved muscle strength, cardiovascular fitness, and limited to no impact on joints. **Shallow Water Workout** (limited impact) classes are performed in waist to shoulder deep water. **Deep Water Workout** (no impact) classes take place in the deep end with floatation belts available for class participants to borrow.

### Instructor



Kathleen

#### Fit Waves (Drop-in):

Make waves as we workout core muscle groups and get your heart pumping! Class takes place in the deep end and uses a variety of provided equipment.



Anne

#### Tone & Talk (Drop-in):

This class will give you gentle stretching and cardio in a supportive environment.



Jodi

#### Move & Groove (Drop-in):

Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.



Jodi

#### Water Workout (Registered):

This registered water workout class utilizes aerobic routines to help stretch and tone your body in shallow water with the help of provided equipment.



Rebecca

#### Worth the W.A.I.T. (Drop-in):

This class is worth the wait when you get your body moving in the shallow water using a weight, aerobic, intensity, training that focuses on all muscle groups to improve strength and stamina. Class uses variety of provided equipment.



Amy

#### Aqua Zumba (Drop-in):

Known as the *Zumba Pool Party*, this class gives new meaning to a vigorous workout with a fun but challenging water-based body-toning workout.

## Lap Swimming

Lap swimming is great exercise for people of all ages. There are 72 lengths to a mile in the Kettering Recreation Complex pool.

### Etiquette:

Lap lanes are offered on a first come basis. Please be courteous to all swimmers. If you are joining a lane that is already occupied please stop and discuss how you will be sharing the lane with those who are already swimming. When more than two people are sharing a lane please circle swim counter clockwise and stay as far to the right of the lane as possible. If the swimmer behind you is faster, allow them to pass by stopping at the wall. Lanes closest to the lifeguard are designated for our slower swimmers and our first lap lane is reserved for individuals with disabilities. Do not lap swim outside of the lane lines during programs or Open Swim. We do NOT allow lap swimming during swim lessons.

### Youth:

How do you know if your child is ready to start lap swimming? If your child can swim 50 yards continuously on their stomach using their arms and legs with some form of rhythmic breathing, tread water for 60 seconds in deep water without panicking; and understand lap swim guidelines including how to circle swim, then they are ready to utilize the lap lanes at our Main Pool.



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