

Main Pool & Spa Schedule

SEPTEMBER 2024

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spa Schedule	10 a.m. – 5 p.m.	6 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 9 p.m.	6 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 9 p.m.	6 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 9 p.m.	6 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 9 p.m.	6 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 7 p.m.	7 a.m. – 5 p.m.
Water Workout Schedule	Aqua Zumba (S) 10 – 10:50 a.m.	Move & Groove (S) 9 – 9:50 a.m. Worth the W.A.I.T. (S) 7 – 7:45 p.m. (4 Ln)	Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 Ln)	Move & Groove (S) 9 – 9:50 a.m. Worth the W.A.I.T. (S) 7 – 7:45 p.m. (4 Ln)	Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 Ln)	Move & Groove (S) 9 – 9:50 a.m.	Fit Waves (D) 9 – 9:50 a.m. (4 Ln)
Lap/Open Swim Schedule <small>Lap swim is 8 lanes unless otherwise specified</small>	Lap Swim 10 – 3 p.m. Open Swim Noon – 2:45 p.m.	Lap Swim 6 – 8:45 a.m. 10 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 6:45 p.m. 8 – 9 p.m. (2 Ln)	Lap Swim 6 – 8:45 a.m. 11 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 5 p.m. 8 – 9 p.m. (2 Ln)	Lap Swim 6 – 8:45 a.m. 10 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 6:45 p.m. 8 – 9 p.m. (4 Ln)	Lap Swim 6 – 8:45 a.m. 11 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 6:30 p.m. 8 – 9 p.m. (2 Ln)	Lap Swim 6 – 8:45 a.m. 10 a.m. – 1 p.m. Closed 1 – 4 p.m. 4 – 5 p.m. (2 Ln) 6 – 7 p.m.	Lap Swim 7 – 8:45 a.m. Noon – 5 p.m. (4 Ln) Open Swim 1 – 4:45 p.m.

Special Dates	Spa Schedule	Water Workout Schedule	Lap/Open Swim Schedule
	September 2: (Labor Day) 6 a.m. – 1 p.m. September 3 – 8: Closed	September 2, 9, 11 & 13: No Move & Groove September 3 – 8: Closed	September 2: (Labor Day) 6 a.m. – 1 p.m. September 3 – 8: Closed



Calendar finalized 8/20/2024

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

Regular Schedule for KRC

Monday – Thursday 5:30 a.m. – 10 p.m.
Friday 5:30 a.m. – 8 p.m.
Saturday 7 a.m. – 6 p.m.
Sunday 10 a.m. – 6 p.m.

Special Dates **Holiday** **Hours**
 September 2 Labor Day 6 a.m. – 1 p.m.

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

Kettering Aquatics Daily Admission and Pass Pricing

	Residents	Non-Residents
Daily Admission		
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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