

# SUMMER 2017

# Main Pool & Spa

## MAIN POOL SWIMMING & SPA SCHEDULE

Effective June 2 through August 20, 2017 (Please check schedule for updates.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	5:30 - 7 a.m. Lap Swim (8 lanes)	5:30 - 7 a.m. Lap Swim (8 lanes)	5:30 - 7 a.m. Lap Swim (8 lanes)	5:30 - 7 a.m. Lap Swim (8 lanes)	5:30 - 7 a.m. Lap Swim (8 lanes)	7 - 8 a.m. Lap Swim (8 lanes)	11 a.m. - Noon Lap Swim (8 lanes)
	7 - 9 a.m. Lap Swim (3 lanes)	7 - 9 a.m. Lap Swim (3 lanes)	7 - 9 a.m. Lap Swim (3 lanes) Water Workout	7 - 9 a.m. Lap Swim (3 lanes) Water Workout	7 - 8 a.m. Lap Swim (4 lanes) Water Workout	8 - 9 a.m. Lap Swim (4 lanes) Water Workout	Noon - 6 p.m. Open Swim (No Lap Lanes)
	9 - 11:30 a.m. Swim Lessons (No Lap Lanes)	9 - 11:30 a.m. Swim Lessons (No Lap Lanes)	9 - 11:30 a.m. Swim Lessons (No Lap Lanes)	9 - 11:30 a.m. Swim Lessons (No Lap Lanes)	8 - 11 a.m. Lap Swim (3 lanes) Water Workout	9 a.m. - Noon Swim Lessons (No Lap Lanes)	
	11:30 a.m. - 1 p.m. Lap Swim (8 lanes)	11:30 a.m. - 1 p.m. Lap Swim (8 lanes)	11:30 a.m. - 1 p.m. Lap Swim (8 lanes)	11:30 a.m. - 1 p.m. Lap Swim (8 lanes)	11 a.m. - 1 p.m. Lap Swim (8 lanes)	Noon - 1 p.m. Lap Swim (2 lanes) Swim Lessons	
	1 - 2 p.m. Lap Swim (2 lanes) Open Swim	1 - 2 p.m. Lap Swim (2 lanes) Open Swim	1 - 2 p.m. Lap Swim (2 lanes) Open Swim	1 - 2 p.m. Lap Swim (2 lanes) Open Swim	1 - 8 p.m. Open Swim (No Lap Lanes)	1 - 8 p.m. Open Swim (No Lap Lanes)	
	2 - 5 p.m. Open Swim (No Lap Lanes)	2 - 5 p.m. Open Swim (No Lap Lanes)	2 - 5 p.m. Open Swim (No Lap Lanes)	2 - 5 p.m. Open Swim (No Lap Lanes)			
	5 - 7:30 p.m. Swim Lessons (No Lap Lanes)	5 - 7:30 p.m. Swim Lessons (No Lap Lanes)	5 - 7:30 p.m. Swim Lessons (No Lap Lanes)	5 - 7:30 p.m. Swim Lessons (No Lap Lanes)			
	7:30 - 8:30 p.m. Lap Swim (3 lanes) Water Workout	7:30 - 8 p.m. Water Workout KCST Practice (No Lap Lanes)	7:30 - 8:30 p.m. Lap Swim (3 lanes) Water Workout	7:30 - 8 p.m. Water Workout KCST Practice (No Lap Lanes)			
	8:30 - 9 p.m. Lap Swim (2 lanes) KCST Practice	8 - 9 p.m. Lap Swim (2 lanes) KCST Practice	8:30 - 9 p.m. Lap Swim (2 lanes) KCST Practice	8 - 9 p.m. Lap Swim (2 lanes) KCST Practice			
	9 - 10 p.m. KCST Practice (No Lap Lanes)	9 - 10 p.m. KCST Practice (No Lap Lanes)	9 - 10 p.m. KCST Practice (No Lap Lanes)	9 - 10 p.m. KCST Practice (No Lap Lanes)			
Spa	5:30 a.m. - 9:30 p.m.	5:30 a.m. - 9:30 p.m.	5:30 a.m. - 9:30 p.m.	5:30 a.m. - 9:30 p.m.	5:30 - 7:45 p.m. **KRC closes at 8 p.m.	7 a.m. - 5:45 p.m. **KRC closes at 6 p.m.	11 a.m. - 5:45 p.m. **KRC closes at 6 p.m.

Kettering City Swim Team will hold practices in one lane during the Spring season from 5:30 to 7 a.m. on Mondays and Wednesdays.

## MAIN POOL AND SPA SWIMMING FEES

	Res.	Non-Res.	Res.	Non-Res.
<b>COMBINATION PUNCH PASS</b> — These passes offer 12 drop-in visits for the price of ten and are good for admission to either fitness center, any of our 85 land-based or 16 water-based drop-in group exercise classes per week, our indoor pool and Adventure Reef Water Park. Valid for two years from date of purchase.				
Adults Only	\$50	\$100		
<b>RESIDENT CARD</b> — To receive resident rates when attending drop-in admission activities or registering for classes by phone, Kettering residents or persons working in Kettering must produce identification. The resident card will speed these processes and is valid for two years from date of purchase.				
Youth (ages 3 - 17)	\$6		Monthly Installment Payments	
Adult (ages 18 +)	\$6			
Family	\$30			
<b>MAIN POOL PASS</b> — Valid for one year from date of purchase. You may use the Water Park. Please enter through the Checkpoint.				
Adult (ages 18 +)	\$140	\$210	\$13.67	\$19.50
Lathrem Member	\$110	\$165	\$11.67	\$15.75

	Res.	Non-Res.	Res.	Non-Res.
<b>LAP SWIM ONLY</b> (One drop-in visit) — Main Pool; All ages welcome! (You must be able to swim laps on your own.)				
Youth (ages 3 - 17)	\$4	\$8		
Adult	\$4.50	\$9		
Lathrem Member	\$4.25	\$8.50		
<b>WATER PARK PASSES</b>				
Youth (17 and under)	\$63	\$95		
Adult	\$72	\$107		
Lathrem Member	\$68	\$101		
Family Pass	\$220	\$330		

The pool schedule is subject to change. Notice of changes will be posted on the website ([www.playkettering.org](http://www.playkettering.org)) as well as at the Kettering Recreation Complex. Feel free to call 296-2587 to verify the schedule.

# DROP-IN WATER EXERCISE CLASS SCHEDULE

Effective May 30 through August 20, 2017

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 – 7:55 a.m.	WWO	DEEP	WWO	DEEP	WWO	
8 – 8:55 a.m.	WWO	WWO	WWO	WWO	WWO	
8 – 8:55 a.m.	DEEP	DEEP	DEEP	DEEP	DEEP	DEEP
9 – 9:55 a.m.					WWO	
10 - 10:55 a.m.					DEEP	
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 7:55 p.m.	WWO	DEEP	WWO	DEEP		
7 - 7:55 p.m.	DEEP		DEEP			

\*No 8 a.m. Shallow or 9 a.m. Deep on April 24 or April 26.

## WATER ACTIVITIES FOR FITNESS

The Kettering Recreation Complex offers a variety of fitness activities that take place in the pool. Descriptions of these activities follow. We offer two types of fitness classes in the water; drop-in and registered classes.

The drop-in class schedule will be published every season and is available at any check in desk and on the City of Kettering website. You can pay a daily drop-in fee or purchase a pass.

Registered classes are also available per season. See descriptions for specific dates on water fitness classes. Registered classes will be cancelled three business days in advance if minimum enrollment is not met.

### DEEP WATER WORKOUT

This is a basic deep-water class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Belts, hand buoys and noodles are provided.

### SHALLOW WATER WORKOUT

This class consists of aerobic routines, stretching and toning performed in chest to shoulder deep water. Not only is this class fun and much less likely to cause injury, the natural buoyancy of the water makes even a beginner feel graceful and competent. The resistance from the water gives you a first-rate workout. No swimming skills necessary.

### LAP SWIMMING

General information on how to share a lane with other swimmers.

Reassess your goals and increase your mileage as you swim for fitness, a leading form of cardiovascular exercise! Remember there are 72 lengths to a mile and the water is 84 degrees in the Kettering Recreation Complex Pool.

All lanes are offered on a first-come basis. Please be courteous to all swimmers. If there are two swimmers in a lane, it shall be split in half with each swimmer using one side of the lane, or you may swim in circles. If you are the second swimmer to join a lane, discuss with the first swimmer how you will share the lane. If there are more than two swimmers please circle swim counter clockwise. If the swimmer behind you is faster than you please stop at the wall to allow them to pass. Whether you are circle swimming or split lane swimming, it is important to stay to the side of the lane and not swim too far in the center. The lane closest to the lifeguard is designated for our slower swimmers. The lane furthest away is designated for our fast swimmers. Please do not swim laps during classes or programs outside the lane lines.

### FIT SWIM / AQUA JOGGING / AQUA WALKING

Fitness comes in many forms for different people. Not everyone is a traditional lap swimmer. Some prefer to use an aqua jogging belt and attain their fitness goals or rehab in the form of aqua jogging/walking.

We encourage aqua jogging/walking during our normal lap swim times. We ask that all "fit swimmers" please share lanes as needed and go in the direction of the lanes rather than across the lanes. Aqua Jogging is also permitted in the shallow or deep end if the opposite end of the pool ONLY is being used for a Water Workout class.

## 2017 WATER WORKOUT DROP-IN PRICES

	Res.	Non-Res.
Youth (11-17)	\$4.25	\$8.50
Adult	\$5	\$10
Lathrem Member	\$4.75	\$9.50

## 2017 WATER WORKOUT PASS PRICES

	Res.	Non-Res.	Res.	Non-Res.
<b>Annual Pool Pass</b>				
Adult	\$140	\$210	\$13.67	\$19.50
Charles I. Lathrem Member	\$110	\$165	\$11.67	\$15.75
<b>Multi-use Punch Pass – 12 Visits</b> (Valid for 2 Years) Combination	\$50	\$100		

## SPECIAL POOL HOURS SPRING 2017

April 16	Easter: Closed
May 21	Last day for Main Pool and Spa Area to be open this spring.
May 22 – 26	Main Pool and Spa Area will be closed for maintenance and staff training.
May 26	Pass holder Preview Party by invitation only at Adventure Reef Water Park 6 – 8 p.m. Last day to buy your Adventure Reef pass at a discounted rate.
May 27	Adventure Reef Water Park opens for the summer season. Schedules will be available beginning May 1, 2017.
May 27	Main Pool and Spa Area opens for the summer season. Schedules will be available beginning May 1, 2017.

Note: Call prior to visiting the pool for possible schedule changes.

