

WINTER 2018 Main Pool & Spa

MAIN POOL & SPA SCHEDULE

Effective January 8 – February 18, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	5:30 – 7 a.m. Lap Swim (7 lanes) KCST Practice	5:30 – 6:30 a.m. Lap Swim (4 lanes) Fairmont Practice	5:30 – 7 a.m. Lap Swim (7 lanes) KCST Practice	5:30 – 6:30 a.m. Lap Swim (4 lanes) Fairmont Practice	5:30 – 8 a.m. Lap Swim (8 lanes)	7 – 8 a.m. Lap Swim (8 lanes)	11 a.m. – Noon Lap Swim (8 lanes)
	7 – 8 a.m. Lap Swim (8 lanes)	6:30 – 8 a.m. Lap Swim (8 lanes)	7 – 8 a.m. Lap Swim (8 lanes)	6:30 – 8 a.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 9 a.m. Lap Swim (4 lanes) Water Workout	Noon – 4 p.m. Lap Swim (2 lanes) Open Swim
	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool Home School Swim	9 a.m. – 1 p.m. Swim Lessons (No Lap Lanes)	4 – 5 p.m. Water Workout (No Lap Lanes)
	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool Home School Swim	11 a.m. – 1 p.m. Lap Swim (8 lanes) 1 – 2 p.m. Lap Swim (3 lanes) Water Workout	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool Home School Swim	11 a.m. – 1 p.m. Lap Swim (8 lanes) 1 – 2 p.m. Lap Swim (3 lanes) Water Workout	Noon – 1 p.m. Lap Swim (8 lanes) 1 – 3:45 p.m. POOL CLOSED	1 – 2 p.m. Lap Swim (8 lanes)	
	Noon – 1 p.m. Lap Swim (4 lanes) Water Workout	2 – 3:45 p.m. POOL CLOSED	Noon – 1 p.m. Lap Swim (4 lanes) Water Workout	2 – 3:45 p.m. POOL CLOSED	3:45 – 5 p.m. Fairmont Practice (No Lap Lanes)	2 – 5:45 p.m. Lap Swim (2 lanes) Open Swim	
	1 – 3:45 p.m. POOL CLOSED	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	1 – 3:45 p.m. POOL CLOSED	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Lap Swim (1 lane) KCST Practice		
	3:45 – 5:30 p.m. Fairmont Practice (No Lap Lanes)	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5:30 p.m. Fairmont Practice (No Lap Lanes)	5 – 7 p.m. Programs in Session (No Lap Lanes)			
	5:30 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	5:30 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice			
	7:30 – 8 p.m. Lap Swim (1 lane) KCST Practice	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice	7:30 – 8 p.m. Lap Swim (1 lane) KCST Practice	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice			
	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice		8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice				
Spa	5:30 a.m. – 1 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 2 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 1 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 2 p.m. 3:45 – 9:30 p.m.	5:30 a.m. – 1 p.m. 3:45 p.m. – 7 p.m.	7 a.m. – 5:45 p.m. **KRC closes at 6 p.m.	11 a.m. – 5 p.m.

The Spa Area may close at times for spot cleaning. Kettering City Swim Team practices will be held in one lane on Mondays and Wednesdays from 5:30 to 7 a.m. for the Winter season. Fairmont High School Swim Team practices will be held in four lanes on Tuesdays and Thursdays from 5:30 to 6:30 a.m. until February 15.

January 19, 20 & 21: Pool closes at 1 p.m. on Friday; closed all day on Saturday and Sunday for a Kettering City Swim Team meet. The Spa Area **WILL** be available during this time. Pass holders are able to utilize the Fitness Center while the Main Pool is closed during the Swim Meet. A Fitness Center waiver must be filled out prior to use.

February 16, 17 & 18: Pool closes at 1 p.m. on Friday; closed all day on Saturday and Sunday for a Kettering City Swim Team meet. The Spa area **WILL** be available during this time. Pass holders are able to utilize the Fitness Center while the Main Pool is closed during the Swim Meet. A Fitness Center waiver must be filled out prior to use.

DROP-IN WATER EXERCISE CLASS SCHEDULE

Effective January 2 through March 31, 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 – 8:55 a.m.	Shallow		Shallow		Shallow		
	Deep	Deep	Deep	Deep	Deep	Deep	
9 – 9:55 a.m.	Shallow	Shallow	Shallow	Shallow	Shallow		
	Deep	Deep	Deep	Deep			
10 – 10:55 a.m.					Deep		
Noon – 12:55 p.m.	New Class!*		New Class!*				
4 – 4:55 p.m.							Aqua Nia
6:05 – 6:55 p.m.		Deep		Deep			
6:35 – 7:25 p.m.	Shallow		Shallow				
	Deep		Deep				

*See descriptions below for New Class offerings. Please note that pool temperatures will be cooler than normal on January 22 and February 19 due to Swim Meets.

WATER ACTIVITIES FOR FITNESS

The Kettering Recreation Complex offers a variety of fitness activities that take place in the pool. A list of these activities follow. We offer two types of fitness classes in the water— drop-in or registered classes. You can pay a daily drop-in fee or purchase a pass. Registered classes are also available per season. See our *Play Kettering* guide 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
- SHALLOW WATER WORKOUT
- LAP SWIMMING
- FIT SWIM / AQUA JOGGING
- AQUA NIA TECHNIQUE (AQUA NIA)

New classes being offered this winter! Come check them out!

Aqua Barre (January 3 – January 31): Bringing the extremely popular barre format to the pool using a noodle as a ballet barre for stability, learn how ballet-inspired movements and gentle resistance can strengthen arms, legs and especially core. Experience isometric movements that will tone every muscle in the body and explore long lever movements to lengthen, strengthen and improve your range of motion.

Aqua Dance (February 5 – February 28): Captivating the joy of movement and the expression of life through integrating world rhythms and music, the fusion of aquatic fitness with dance-based choreography will give you a movement base free from the boundaries of geography and gravity, limited only by the possibilities of the human form.

Aqua Pilates (March 5 – March 28): Pilates has found additional benefits by adapting their traditional practice to the zero-gravity feel of an aquatic environment. These new aqua exercises challenge your stability, core strength and develop your breathing in a way that traditional Pilates cannot. Pilates exercises are translated into a pool setting using pool noodles, water weights, the pool wall and floor for assistance. Practicing in deeper water can bring an additional challenge to participants.

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

SPECIAL POOL HOURS 2018

Note: Please call prior to visiting the pool due to the possibility of changes in the schedule.

Jan. 1	New Year's Day: Closed
Jan. 15	Holiday Open Swim: 3:45 – 5:30 p.m.
Jan. 19, 20 & 21	Pool closes at 1 p.m. on Friday; closed all day on Saturday and Sunday for a Kettering City Swim Team meet. Spa Area <u>WILL</u> remain open during meet as regularly scheduled.
Feb. 16, 17 & 18	Pool closes at 1 p.m. on Friday; closed all day on Saturday and Sunday for a Kettering City Swim Team meet. Spa Area <u>WILL</u> remain open during meet as regularly scheduled.
Feb. 19	Holiday Open Swim: 3:45 – 5:30 p.m.
March 19 – 23	Kettering City Schools Spring Break: There may be additional lap lanes available. Please call 296-2587 for detailed schedules after March 1.
April 1	Easter: Closed

SWIMMING FEES

	Res.	Non-Res.	Res.	Non-Res.
DAILY ADMISSION —All ages welcome! (Must be able to swim laps on your own for Lap Swimming.)				
2 and under		\$1	\$2	
Youth (ages 3 – 17)		\$4	\$8	
Adult		\$4.50	\$9	
DROP-IN WATER WORKOUT				
Youth (11 – 17)		\$4.25	\$8.50	
Adult		\$5	\$10	
COMBINATION PUNCH PASS (12 visits) —Valid for two years from date of purchase. This pass includes admission to any drop-in activity at the Kettering Recreation Complex and Kettering Fitness & Wellness Center.				
Youth		\$40	\$80	
Adult		\$50	\$100	
SEASONAL SWIM PASS —Valid September 18, 2017 through May 20, 2018; includes water workout classes. Prices include mid-season discount (effective January 15).				
Youth		\$34	\$51	
Adult		\$44	\$66	
Family (2 adults, 4 youth)		\$113	\$170	
ANNUAL POOL PASS —Valid for one year from date of purchase; includes water workout classes.				
Youth (ages 3 – 17)		\$110	\$165	\$11.17
Adult (ages 18 +)		\$140	\$210	\$13.67
Family (2 adults, 4 youth)		\$420	\$630	\$37
				\$54.50



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