

WINTER 2018

Main Pool & Spa

MAIN POOL & SPA SCHEDULE

Effective February 19 – March 31, 2018

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	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)
	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	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
	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	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) 1 – 2 p.m. Lap Swim (8 lanes)	4 – 5 p.m. Water Workout (No Lap 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	Noon – 1 p.m. Lap Swim (8 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	1 – 3:45 p.m. POOL CLOSED		
	3:45 – 5:30 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5:30 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim		
	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	5 – 7 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	5 – 7 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				
	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 – 7 p.m.	7 a.m. – 5:45 p.m. **KRC closes at 6 p.m.

*Please stop by any front desk for an updated drop-in schedule and the full Water Workout schedule. The Spa Area may close at times for spot cleaning.

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.

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 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.

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	\$5	\$10		
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	\$15.75
Adult (ages 18 +)	\$140	\$210	\$13.67	\$19.50
Family (2 adults, 4 youth)	\$420	\$630	\$37	\$54.50

