

# SUMMER 2018

# Main Pool & Spa

## MAIN POOL SWIMMING & SPA SCHEDULE

Effective June 1 through August 19, 2018 (Please check schedule for updates.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Pool</b>	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) Water Workout	7 – 9 a.m. Lap Swim (3 lanes) Water Workout	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 – 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 – 8 p.m. Programs in Session (No Lap Lanes)	5 – 8 p.m. Programs in Session (No Lap Lanes)	5 – 8 p.m. Programs in Session (No Lap Lanes)	5 – 8 p.m. Programs in Session (No Lap Lanes)			
	8 – 9 p.m. Lap Swim (2 lane) KCST Practice	8 – 9 p.m. Lap Swim (2 lane) KCST Practice	8 – 9 p.m. Lap Swim (2 lane) KCST Practice	8 – 9 p.m. Lap Swim (2 lane) 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)			
<b>Spa</b>	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 a.m. – 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.

\*Spa Area may close for spot cleaning. \*\*Lap swim will be canceled on Thursday, June 21, at 11:30 a.m. – 1 p.m. for the World's Largest Swim Lesson!

## MAIN POOL AND SPA SWIMMING FEES

	Res.	Non-Res.	Res.	Non-Res.
<b>COMBINATION PUNCH PASS</b> — This pass 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>ANNUAL POOL PASS</b> — Valid for one year from date of purchase; includes water workout classes. You may use the Water Park. Please enter through the Checkpoint.			Monthly Installment Payments	
	Res.	Non-Res.	Res.	Non-Res.
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	\$5	\$10		
<b>WATER PARK PASSES</b>				
Youth (17 and under)	\$63	\$95		
Adult	\$72	\$107		
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 29 through August 18, 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 7:55 a.m.	WWO	DEEP	WWO	DEEP	WWO	
7 - 7:55 a.m.	DEEP	AQUA BOOTCAMP	DEEP	AQUA BOOTCAMP	DEEP	
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	VORTEX WATER WALK*
10 - 10:55 a.m.					DEEP	AQUA NIA*
Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 - 7:55 p.m.	WWO	DEEP	WWO	DEEP		
7 - 7:55 p.m.	DEEP		DEEP			

\* Class takes place at Adventure Reef Water Park \*\*Classes will not meet July 4.

## 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.

**WATERWORKOUT (WWO):** This class consists of aerobic routines, stretching, and toning performed in chest to shoulder deep water. No swimming skills necessary.

**DEEP WATER WORKOUT (DEEP):** This is a basic deep-water class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Belts and hand weights are provided.

**AQUA BOOTCAMP:** This higher intensity class is designed to be low impact on your joints while maintaining or improving cardio conditioning using various training methods such as Circuits, HIITS (High Intensity Interval Training) and Tabatas.

**VORTEX WATER WALKING:** This class consists of basic water aerobic activities such as walking, jogging, and sidestepping in shoulder-deep water. Class will meet in the Adventure Reef Water park Vortex Pool.

**AQUA NIA:** This class is an invigorating and energetic sensory-based movement practice in shallow water that draws from martial arts, dance arts, and healing arts to improve flexibility, strength, and posture. Class will meet in the Adventure Reef Water Park Vortex pool.

### 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.

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



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## 2018 WATER WORKOUT DROP-IN PRICES

	Res.	Non-Res.
Youth (11-17)	\$4	\$8
Adult	\$5	\$10

## 2018 WATER WORKOUT PASS PRICES

	Res.	Non-Res.	Monthly Installment Payments	
<b>Annual Pool Pass</b> Adult	\$140	\$210	\$13.67	\$19.50
<b>Multi-use Punch Pass – 12 Visits</b> (Valid for 2 Years) Combination	\$50	\$100		

## SPECIAL POOL HOURS SUMMER 2018

May 26	Main Pool & Spa Area reopen for Summer: Lap Swimming (8 lanes) and Spa available from 7 a.m. to Noon. Main Pool and Spa will be open from Noon until 8 p.m. for Open Swim.
May 27	Lap Swimming (8 lanes) and Spa available from 11 a.m. to Noon. Main Pool and Spa will be open from Noon until 6 p.m. for Open Swim.
May 28	Holiday Hours for the Main Pool and Spa: Lap Swimming (8 lanes) and Spa available from 8 to 11:45 a.m. Main Pool and Spa will be open from Noon until 6 p.m. for Open Swim. * Note: Kettering Recreation Complex, Checkpoint desk and Pool Locker Rooms and lockers close at Noon on Memorial Day.
July 4	Holiday Hours for the Main Pool and Spa: Lap Swimming (8 lanes) and Spa available from 8 to 11:45 a.m. Main Pool and Spa will be open from Noon until 8 p.m. for Open Swim. *Note: Kettering Recreation Complex, Checkpoint desk and Pool Locker Rooms and lockers close at Noon on Independence Day.
September 3	Holiday Hours for the Main Pool & Spa: Lap Swimming (8 lanes) and Spa available from 8 a.m. to 11:45 a.m. Main Pool and Spa will be open from Noon until 5 p.m. for Open Swim. *Note: Kettering Recreation Complex, Checkpoint desk and Pool Locker Rooms and lockers close at Noon on Labor Day.