

SUMMER 2018 Main Pool & Spa

MAIN POOL AND SPA SCHEDULE—POST-SEASON

Effective August 20 through September 2, 2018

Day of Week	Lap Swim (8 Lanes) All ages welcome! (Enter through KRC)	Limited Lap Swim All ages welcome! (Enter through KRC)	Open Swim All ages welcome! (Enter through KRC)	Spa Area 18 + ONLY (Spa area may close at times for spot cleaning)
Monday	5:30 – 8 a.m. 11 a.m. – 1 p.m. 7:30 – 8:30 p.m.	8 – 11 a.m. (3 lanes) 1 – 7:30 p.m. (2 lanes) 8:30 – 9 p.m. (2 lanes)	1 – 6:30 p.m. (2 Lap Lanes)	5:30 a.m. – 9:30 p.m.
Tuesday	5:30 – 8 a.m. 11 a.m. – 1 p.m. 7 – 7:30 p.m.	8 – 10 a.m. (3 lanes) 10 – 11 a.m. (4 lanes) 1 – 7 p.m. (2 lanes) 7:30 – 8 p.m. (6 lanes) 8 – 9 p.m. (2 lanes)	1 – 6 p.m. (2 Lap Lanes)	5:30 a.m. – 9:30 p.m.
Wednesday	5:30 – 8 a.m. 11 a.m. – 1 p.m. 7:30 – 8:30 p.m.	8 – 11 a.m. (3 lanes) 1 – 7:30 p.m. (2 lanes) 8:30 – 9 p.m. (2 lanes)	1 – 6:30 p.m. (2 Lap Lanes)	5:30 a.m. – 9:30 p.m.
Thursday	5:30 – 8 a.m. 11 a.m. – 1 p.m. 7 – 7:30 p.m.	8 – 10 a.m. (3 lanes) 10 – 11 a.m. (4 lanes) 1 – 7 p.m. (2 lanes) 7:30 – 8 p.m. (6 lanes) 8 – 9 p.m. (2 lanes)	1 – 6 p.m. (2 Lap Lanes)	5:30 a.m. – 9:30 p.m.
Friday	5:30 – 8 a.m. 11 a.m. – 1 p.m.	8 – 9 a.m. (3 lanes) 9 – 10 a.m. (4 lanes) 10 – 11 a.m. (3 lanes) 1–4 p.m. (2 Lanes)	1 – 4 p.m. (2 Lap Lanes) 4 – 8 p.m. (No Lap Lanes)	5:30 a.m. – 7:45 p.m.
Saturday	7 – 8 a.m. 9 – 10 a.m. 11 a.m. – 1 p.m.	8–9 a.m. (4 Lanes) 10 – 11 a.m. (4 Lanes)	1 – 8 p.m. (No Lap Lanes)	7 a.m. – 7:45 p.m.
Sunday	11 a.m. – Noon	No Lap Lanes	Noon – 6 p.m. (No Lap Lanes)	11 a.m. – 5:45 p.m.

*Spa Area may close at times for spot cleaning.

MAIN POOL AND SPA AREA – SPECIAL HOURS

September 3	Holiday Hours for the Main Pool & 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 5 p.m. for Open Swim. *Note: Kettering Recreation Complex, Checkpoint desk and Pool Locker Rooms and lockers close at Noon on Labor Day. If the Water Park closes early for any reason, the Main Pool & Spa area will also close for the day.
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MAIN POOL AND SPA FEES

	Res.	Non-Res.		
COMBINATION PUNCH PASS — (12 admissions) This pass includes admission to any drop-in activity at the Kettering Recreation Complex and Kettering Fitness & Wellness Center. Valid for two years from the date of purchase				
Adult	\$50	\$100		
Youth (17 and under)	\$40	\$80		
ANNUAL POOL PASS — Valid for one year from date of purchase; includes water workout classes. <i>You may use the Water Park. Please enter through Checkpoint.</i>			Monthly Installment Payments	
			Res.	Non-Res.
Youth (17 and under)	\$110	\$165	\$11.16	\$15.75
Adults (ages 18+)	\$140	\$210	\$13.67	\$19.50
Family (2 adult, 4 youth)	\$420	\$630	\$37	\$54.50

	Res.	Non-Res.
LAP SWIM ONLY (One drop-in visit) — Main Pool; All ages welcome! (<i>You must be able to swim laps on your own.</i>)		
Youth (ages 3 – 17)	\$4	\$8
Adult	\$5	\$10
WATER PARK PASSES — Valid until September 3, 2018.		
Youth (17 and under)	\$28	\$43
Adult	\$36	\$54
Family Pass	\$91	\$123

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.

DROP-IN WATER EXERCISE CLASS SCHEDULE

Effective August 20 through September 3, 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8:55 a.m.		AQUA BOOTCAMP		AQUA BOOTCAMP	SHALLOW	
	DEEP	DEEP	DEEP	DEEP	DEEP	DEEP
9 – 9:55 a.m.	SHALLOW	SHALLOW	SHALLOW	SHALLOW	SHALLOW	VORTEX WALKING***
	DEEP	DEEP	DEEP	DEEP		
10 – 10:55 a.m.	WATER WALKING**	SHALLOW**	WATER WALKING**	SHALLOW**	WATER WALKING**	AQUA NIA***
					DEEP	
6:05 – 6:55 p.m.		DEEP		DEEP		
6:35 – 7:25 p.m.	AQUA BOOTCAMP		AQUA BOOTCAMP			
	DEEP		DEEP			

*No classes meet on Monday, September 3.

**10 a.m. Water Walking and Shallow classes are previews for Fall registered classes.

*** Classes take place at Adventure Reef Water Park; Vortex Walking and Aqua Nia will not meet on Saturday, August 25.

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.

SHALLOW WATER WORKOUT: This class consists of aerobic routines, stretching, and toning performed in chest to shoulder deep water. No swimming skills necessary.

DEEP WATER WORKOUT: 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.

2018 WATER WORKOUT DROP-IN PRICES

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

Kettering Recreation Complex Main Pool and aquatics locker rooms are getting a new look!

From September 4 through October 26, the entire pool area—including locker rooms hallway and main pool — will be closed for a major renovation project. You'll still be able to enjoy the spa area (hot tub, sauna and steam room) starting September 17.

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 **CITY OF KETTERING**
PARKS, RECREATION AND CULTURAL ARTS DEPARTMENT

