

# FALL 2018 Main Pool & Spa

## MAIN POOL SWIMMING & SPA SCHEDULE

Effective October 27, 2018 – December 23, 2018

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

Oct. 26, 29, 31: Open Swim canceled due to Fairmont Swim Team Stroke Clinics. The Spa Area WILL be available during this time.

Nov. 2, 3, 4: 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.

Nov. 22: Thanksgiving Day – CLOSED

Nov. 23: Holiday Open Swim: 2 – 5 p.m.

Nov. 30: Pool closes at 1 p.m. for a Fairmont High School Swim Meet. The Spa Area WILL be available during this time.

Dec. 7: Pool closes at 1 p.m. for a Fairmont High School Swim Meet. The Spa Area WILL be available during this time.

Dec. 16: Main Pool will be opening late at 1 p.m. for a Kettering City Swim Team Meet.

### MAIN POOL AND SPA SWIMMING FEES

DAILY ADMISSION	Res.	Non-Res.
2 and under	\$1	\$2
Youth (3 – 17)	\$4	\$8
Adult	\$5	\$10
<b>COMBINATION PUNCH PASS (12 admissions) — Valid for two years from date of purchase.</b> This pass includes admission to any drop-in activity at the Kettering Recreation Complex and Kettering Fitness & Wellness Center.		
Youth (17 & under)	\$40	\$80
Adult	\$50	\$100
<b>SEASONAL SWIM PASS – Valid 10/26/2018 through 5/19/2019; includes Water Workout.</b>		
Youth (17 & under)	\$56	\$83
Adult	\$72	\$108
Family (2 adults, 4 youth)	\$186	\$280

**ANNUAL POOL PASS – Valid for one year from date of purchase; includes Water Workout. Please enter through Checkpoint.**

Youth (17 & under)	\$110	\$165
Adult	\$140	\$210
Family (2 adults, 4 youth)	\$420	\$630

**Please note:** Passes may be applied to all public swim sessions. The family pass includes two adults and up to four youth (17 and under) living in the same household. Each additional family member may purchase an individual pass.

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 October 27 through December 21, 2018

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8 – 8:55 a.m.	SHALLOW		SHALLOW		SHALLOW		
	DEEP	DEEP	DEEP	DEEP	DEEP	H2O Cardio Cross Training	
9 – 9:55 a.m.	SHALLOW	SHALLOW	SHALLOW	SHALLOW	SHALLOW		
	DEEP	DEEP	DEEP	DEEP			
10 – 10:55 a.m.					DEEP		
4 – 4:55 p.m.							Aqua Nia
6:05 – 6:55 p.m.		DEEP		DEEP			
6:35 – 7:25 p.m.	DEEP		DEEP				

No classes will be held November 3 or November 4 due to KCST Swim Meet. Water Temperatures may be cooler on November 5. No classes will be held on November 22.

## 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 (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 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. Through movement we improve flexibility, strength and posture. Step into your own joyful journey, shaping positively how you look and feel, think and live.

### 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.

## 2018 WATER WORKOUT DROP-IN PRICES

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

## SPECIAL POOL HOURS FALL 2018

Oct. 26, 29, 31	Open Swim canceled due to Fairmont Swim Team Stroke Clinics. The Spa Area WILL be available during this time.
Nov. 2, 3, 4	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.
Nov. 22	Thanksgiving Day – CLOSED
Nov. 23	Holiday Open Swim: 2 – 5 p.m.
Nov. 30	Pool closes at 1 p.m. for a Fairmont High School Swim Meet. The Spa Area WILL be available during this time.
Dec. 7	Pool closes at 1 p.m. for a Fairmont High School Swim Meet. The Spa Area WILL be available during this time.
Dec. 16	Main Pool will be opening late at 1 p.m. for a Kettering City Swim Team Meet.

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

