

**Thanksgiving Week**  
**at the Kettering Recreation Complex/CIL Center & Trent Center**



Monday 11/19/18	Tuesday 11/20/18	Wednesday 11/21/18	Thursday 11/22/18	Friday 11/23/18	Saturday 11/24/18	Sunday 11/25/18
<b>Kettering Recreation Complex &amp; Trent Center:</b> 5:30a-10p	<b>Kettering Recreation Complex &amp; Trent Center:</b> 5:30a-10p	<b>Kettering Recreation Complex &amp; Trent Center:</b> 5:30a-10p	<b>CLOSED – Happy Thanksgiving!</b>	<b>Kettering Recreation Complex &amp; Trent Center:</b> 5:30a-8p	<b>Kettering Recreation Complex &amp; Trent Center:</b> 7a-6p	<b>Kettering Recreation Complex &amp; Trent Center:</b> 10a-6p
<b>Charles I. Lathrem Senior Center:</b> 8a-8:30p	<b>Charles I. Lathrem Senior Center:</b> 8a-8:30p	<b>Charles I. Lathrem Senior Center:</b> 8a-8:30p		<b>Charles I. Lathrem Senior Center:</b> CLOSED	<b>Charles I. Lathrem Senior Center:</b> 9a-12p	<b>Charles I. Lathrem Senior Center:</b> 12:30-4:30p
<b>Pool Schedule:</b>	<b>Pool Schedule:</b>	<b>Pool Schedule:</b>		<b>Pool Schedule:</b>	<b>Pool Schedule:</b>	<b>Pool Schedule:</b>
Lap Swim - 5:30-7a (7 lanes) 7-8a (8 lanes) 8-11a (3 lanes) 11a-noon (4 lanes) Noon-1p (8 lanes) 3:45-5:30p (2 lanes) 7:30-8p (1 lane) 8-9:30p (2 lanes)	Lap Swim - 5:30-7a (4 lanes) 7-8a (8 lanes) 8-11a (3 lanes) 11a-1p (8 lanes) 3:45-7p (2 lanes) 7-8 (1 lane) 8-9:30p (2 lanes)	Lap Swim - 5:30-7a (7 lanes) 7-8a (8 lanes) 8-10a (3 lanes) 10-11a (8 lanes) 11a-noon (4 lanes) Noon-1p (8 lanes) 3:45-7:30p (2 lanes) 7:30-8p (1 lane) 8-9:30p (2 lanes)		Lap Swim - 5:30-11a (8 lanes) 11a-noon (4 lanes) Noon-1p (8 lanes) **2-5p (2 lanes) 5-7p (1 lane)	Lap Swim - 7-8a (8 lanes) 8-9a (4 lanes) Noon-1p (2 lanes) 1-2p (8 lanes) 2-5:45p (2 lanes)	Lap Swim – 11a-Noon (8 lanes) Noon -4p (2 lanes)
Splash Time/Homeschool Swim – 11a-Noon Open Swim – 3:45-5:30p	Open Swim - 3:45-6p	Splash Time/Homeschool Swim – 11a-Noon Open Swim – 3:45-6:30p		Splash Time/Homeschool Swim – 11a-Noon Holiday Open Swim - 2-5p	Open Swim - 2-5:45p	Open Swim – Noon-4p
Spa Open – 5:30a-1p & 3:45-9:30p	Spa Open – 5:30a-1p & 3:45-9:30p	Spa Open – 5:30a-1p & 3:45-9:30p		Spa Open – 5:30a-1p & 2-7p	Spa Open – 7a-5:45p	Spa Open – 11a-5p
Water Workout 8a – Shallow & Deep 9a – Shallow & Deep 6:35p – Deep	Water Workout 8a – Deep 9a – Shallow & Deep 6:05p - Deep	Water Workout 8a – Shallow & Deep 9a – Deep 6:35p – Deep		Water Workout – No Classes	Water Workout – 8a – H2O Cardio Cross Training	Water Workout – 4p – Aqua Nia
<b>Ice Arena Schedule:</b>	<b>Ice Arena Schedule:</b>	<b>Ice Arena Schedule:</b>		<b>Ice Arena Schedule:</b>	<b>Ice Arena Schedule:</b>	<b>Ice Arena Schedule:</b>
Adult Skate – 8-10a Mixed Freestyle – 2-5p	Youth & Home School – Noon-2p Stick Time – 2-3:50p	Adult Skate – 8-10a Stick Time – 10-11a Open Skate – 11a-1p & 3-5p		Adult Skate – 8-10a Stick Time – 10-11a Open Skate – 11a-1p & 3-5p	All drop in activities canceled – Frozen Creek Tourney	All drop in activities canceled – Frozen Creek Tourney
<b>Exercise Schedule:</b>	<b>Exercise Schedule:</b>	<b>Exercise Schedule:</b>		<b>Exercise Schedule:</b>	<b>Exercise Schedule:</b>	<b>Exercise Schedule:</b>
Regular Schedule	Regular Schedule	Regular Schedule		KRC 9:30a TRX ** (Studio A) 8a Boot Camp ** (Studio B) 9a Weights ** (Studio B) 10a Pilates * (Studio B) 8:30a Indoor Cycling ** (Studio C) KFWC 5:45a Express Cycle "	Regular Schedule	Regular Schedule
<b>Gym Schedule:</b>	<b>Gym Schedule:</b>	<b>Gym Schedule:</b>		<b>Gym Schedule:</b>	<b>Gym Schedule:</b>	<b>Gym Schedule:</b>
Seniors – 8:30-11a Adult Bball – 11:30a-1:30p Youth – 3:15-5p	Seniors – 8:30-11a Youth – 3:15-5p	Seniors – 8:30-11a Adult Bball – 11:30a-1:30p Youth – 3:15-5p		Seniors – 8:30-11a Adult Bball – 11:30a-1:30p Youth – 3:15-5p	Seniors – 8:30-10:30a	Community – 1:30-3:30p Adult Volleyball – 3:45-5:45p
<b>Nursery Hours:</b>	<b>Nursery Hours:</b>	<b>Nursery Hours:</b>		<b>Nursery Hours:</b>	<b>Nursery Hours:</b>	<b>Nursery Hours:</b>
8a-12:45p & 5-8p	8a-12:45p & 5-8p	8a-12:45p & 5-8p		Closed	8:45a-noon	Closed