


Kettering Recreation Complex, TRENT Center and CIL Center
Holiday Hours December 24th – December 30th, 2018

Monday 12.24	Tuesday	Wednesday 12.26	Thursday 12.27	Friday 12.28	Saturday 12.29	Sunday 12.30
Facilities Open:	Facility Closed – Merry Christmas!	Facilities Open:	Facilities Open:	Facilities Open:	Facilities Open:	Facilities Open:
CIL: CLOSED KRC/TRENT: 5:30a-3p		CIL: CLOSED KRC/TRENT: 5:30a-10p	CIL: CLOSED KRC/TRENT: 5:30a-10p	CIL: CLOSED KRC/TRENT: 5:30a-8p	CIL: CLOSED KRC/TRENT: 7a-6p	CIL: CLOSED KRC/TRENT: 10a-6p
Pool Schedule:		Pool Schedule:	Pool Schedule:	Pool Schedule:	Pool Schedule:	Pool Schedule:
Lap Swim: 5:30-10a (8 lanes) 10a-1p (2 lanes) Open Swim: 10a-1p KRC Closes at 3p 		Lap Swim: 5:30-7a (7 lanes) 7-11a (8 lanes) 11a-Noon (4 lanes) Noon-1p (8 lanes) 3:45-5:30p (2 lanes) 5:30-6:30p (5 lanes) 6:30-7p (8 lanes) 7-7:30p (4 lanes) 7:30-8p (1 lane) 8-9:30p (2 lanes) Splash Time & Homeschool Swim: 11a-Noon Open Swim: 3:45-5:30p	Lap Swim: 5:30-7a (4 lanes) 7-9a (8 lanes) 9-10a (3 lanes) 10a-1p (6 lanes) 3:45-6p (2 lanes) 6-7p (4 lanes) 7-8p (1 lane) 8-9:30p (2 lanes) Open Swim: 3:45-6p	Lap Swim: 5:30-8a (8 lanes) 8-10a (6 lanes) 10a-Noon (4 lanes) Noon-1p (6 lanes) 3:45-5p (2 lanes) 5-7p (1 lane) Splash Time & Homeschool Swim: Swim: 11a-Noon Open Swim: 3:45-5p	Lap Swim: 7-8a (8 lanes) 8-10a (4 lanes) 10a-1p (6 lanes) 1-5:45p (2 lanes) Open Swim: 1-5:45p	Lap Swim: 11a-Noon (6 lanes) Noon – 4p (2 lanes) Open Swim: Noon-4p
Spa Open: 7a-2:45p		Spa Open: 5:30a-1p & 3:45-9:30p	Spa Open: 5:30a-1p & 3:45-9:30p	Spa Open: 5:30a-1p & 3:45-7p	Spa Open: 7a-5:45p	Spa Open: 11a-5p
No Water Exercise Classes		No Water Exercise Classes	Water Exercise Classes: 9a – Shallow & Deep 6:05p – Deep	Water Exercise Class: 10a – Deep	Water Exercise Class: 8a – H2O Cardio Cross Training	Water Exercise Class: 4p – Aqua Nia
Ice Arena Schedule:		Ice Arena Schedule:	Ice Arena Schedule:	Ice Arena Schedule:	Ice Arena Schedule:	Ice Arena Schedule:
Adult Skate: 8-10a Holiday Open Skate: 1-3p		Adult Skate: 8-10a Stick Time: 10-11a Holiday Skate: 11a-1p & 3-5p	Holiday Skate: Noon-2p Mixed Freestyle: 2-4p	Adult Skate: 8-10a Stick Time: 10-11a Holiday Skate: 11a-1p & 3-5p	Holiday Open Skate: 1-3p & 8-10p	Holiday Open Skate: 1-3p
Exercise Schedule:		Exercise Schedule:	Exercise Schedule:	Exercise Schedule:	Exercise Schedule:	Exercise Schedule:
Studio A 8:30a TRX** 9:30a TRX* Studio B 8:00a Boot Camp** 9:00a Weights** 10:00a Zumba** Studio C 8:00-9:30a Long Distance Indoor Cycle* KFWC 8:30a Indoor Cycle*		Studio A 7:30a TRX* Studio B 9:00a Weights** 10:00a Pound** 11:00a Pilates* 5:30p Weights** 6:30p Core Crunch** 7:30p Zumba** Studio C 8:30a Indoor Cycle* 9:30a Indoor Cycle* KFWC 5:45a Express Cycle*	Regular Schedule	Regular Schedule	Regular Schedule	Regular Schedule
Gym Schedule:		Gym Schedule:	Gym Schedule:	Gym Schedule:	Gym Schedule:	Gym Schedule:
Senior: 8:30-11a		Senior: 8:30-11a Adult: 11:30a-1:30p Youth: 3:15-5p	Senior: 8:30-11a Youth: 3:15-5p	Senior: 8:30-11a Adult: 11:30a-1:30p Youth: 3:15-5p	Senior: 8:30-10:30a	Community: 1:30-3:30p Adult Volleyball: 3:45-5:45p
Nursery Hours:		Nursery Hours:	Nursery Hours:	Nursery Hours:	Nursery Hours:	Nursery Hours:
Closed		8a-12:45p & 5-8p	8a-12:45p & 5-8p	8a-12:45p	8:45a-Noon	Closed

Each Certified Group Exercise Instructor is unique, with some teaching exercise classes in a darkened atmosphere and some in a lighted atmosphere.
* denotes classes taught in a darkened atmosphere;
** denotes classes taught in a lighted atmosphere