

# SPRING 2019 Main Pool & Spa

## MAIN POOL SWIMMING & SPA SCHEDULE

Effective March 31 – May 19, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Main Pool</b>	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 8 a.m. Lap Swim (8 lanes)	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)
	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	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	8 – 9 a.m. Lap Swim (4 lanes) Water Workout	Noon – 5 p.m. Lap Swim (2 lanes) <b>Open Swim</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)  <b>1 – 3:45 p.m. 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)  <b>1 – 3:45 p.m. POOL CLOSED</b>	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool Home School Swim	9 a.m. – 1 p.m. Swim Lessons (No Lap Lanes)	
	Noon – 1 p.m. Lap Swim (8 lanes)  <b>1 – 3:45 p.m. POOL CLOSED</b>	3:45 – 5 p.m. Lap Swim (3 lanes) <b>Open Swim</b>	Noon – 1 p.m. Lap Swim (8 lanes)  <b>1 – 3:45 p.m. POOL CLOSED</b>	3:45 – 5 p.m. Lap Swim (3 lanes) <b>Open Swim</b>	Noon – 1 p.m. Lap Swim (8 lanes)  <b>1 – 3:45 p.m. POOL CLOSED</b>	1 – 2 p.m. Lap Swim (8 lanes)	
	3:45 – 5:30 p.m. Lap Swim (3 lanes) <b>Open Swim</b>	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5:30 p.m. Lap Swim (3 lanes) <b>Open Swim</b>	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5 p.m. Lap Swim (3 lanes) <b>Open Swim</b>	2 – 5:45 p.m. Lap Swim (2 lanes) <b>Open Swim</b>	
	5:30 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	5:30 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	5 – 7 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	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		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.

\* The Spa Area may close at times for spot cleaning.

### 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 through 5/19/2019; includes Water Workout. Prices reflect mid-season discount (effective January 14).</b>		
Youth (17 & under)	\$34	\$51
Adult	\$44	\$66
Family (2 adults, 4 youth)	\$113	\$170

**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 March 31 – May 19, 2019

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8:55 a.m.			Tone and Talk Shallow		Tone and Talk Shallow	H2O Cardio Cross Training (D & S)
	Fit Waves (D)	Tone and Talk Deep	Fit Waves (D)	Tone and Talk Deep	Strong and Fit (D)	
9 – 9:55 a.m.	Move and Groove (S)	Aqua Intervals (S)	Move and Groove (S)	Aqua Intervals (S)	Move and Groove (S)	
		Fit Waves (D)		Fit Waves (D)		
10 – 10:55 a.m.					Fit Waves (D)	
4 – 4:55 p.m.						
6:05 – 6:55 p.m.		Fit Waves (D)		Fit Waves (D)		
6:35 – 7:25 p.m.	Shallow Workout		Shallow Workout			
	Fit Waves (D)		Fit Waves (D)			

S = Shallow, D = Deep

## 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.

**FIT WAVES:** Make waves as we workout core muscle groups and get your heart pumping! Class takes place in the deep end and uses a variety of provided equipment.

**STONE AND TALK:** This class will give you gentle stretching and cardio in a supportive environment. Deep or shallow specified on schedule.

**MOVE AND GROOVE:** Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.

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

**AQUA INTERVALS:** Shallow water workout with alternating intervals of exercise and recovery for overall fitness conditioning.

**STRONG AND FIT:** Strength, cardio, and flexibility are all components of this awesome deep water class.

**H2O CARDIO CROSS TRAINING:** Enjoy a wide variety of exercises taking place in deep and shallow water. Each day will be different from the last for a well-rounded exercise experience.

**AQUA NIA:** This class is an invigorating and energetic movement practice in shallow water that draws from martial arts, dance arts, and healing arts, improving flexibility, strength and posture.

**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.

## 2019 WATER WORKOUT DROP-IN PRICES

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

## SPECIAL POOL HOURS WINTER 2019

April 21	Easter — CLOSED
May 20 — 24	Main pool and spa closed.
May 25	Main pool and spa area reopens for the summer season.

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

