

# SUMMER 2019

# Main Pool & Spa

## MAIN POOL AND SPA SCHEDULE—POST-SEASON

Effective August 16 through September 1, 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)	8 – 10 a.m. Lap Swim (3 lanes)	8 – 11 a.m. Lap Swim (3 lanes)	8 – 10 a.m. Lap Swim (3 lanes)	8 – 9 a.m. Lap Swim (3 lanes)	8 – 9 a.m. Lap Swim (4 lanes)	Noon – 6 p.m. Open Swim (No Lap Lanes)
	11 a.m. – 1 p.m. Lap Swim (8 lanes)	10 – 11 a.m. Lap Swim (4 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	10 – 11 a.m. Lap Swim (4 lanes)	9 – 10 a.m. Lap Swim (4 lanes)	9 – 10 a.m. Lap Swim (8 lanes)	
	1 – 6:30 p.m. Open Swim Lap Swim (2 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	1 – 6:30 p.m. Open Swim Lap Swim (2 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	10 – 11 a.m. Lap Swim (3 lanes)	10 – 11 a.m. Lap Swim (4 lanes)	
	6:30 – 7:30 p.m. Lap Swim (2 lanes)	1 – 6 p.m. Open Swim Lap Swim (2 lanes)	6:30 – 7:30 p.m. Lap Swim (2 lanes)	1 – 6 p.m. Open Swim Lap Swim (2 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	
	7:30 – 8:30 p.m. Lap Swim (8 lanes)	6 – 7 p.m. Lap Swim (2 lanes)	7:30 – 8:30 p.m. Lap Swim (8 lanes)	6 – 7 p.m. Lap Swim (2 lanes)	1 – 4 p.m. Open Swim Lap Swim (2 lanes)	1 – 8 p.m. Open Swim (No Lap Lanes)	
	8:30 – 9 p.m. Lap Swim (2 lanes)	7 – 7:30 p.m. Lap Swim (8 lanes)	8:30 – 9 p.m. Lap Swim (2 lanes)	7 – 7:30 p.m. Lap Swim (8 lanes)	4 – 8 p.m. Open Swim (No Lap Lanes)		
		7:30 – 8 p.m. Lap Swim (6 lanes)		7:30 – 8 p.m. Lap Swim (6 lanes)			
		8 – 9 p.m. Lap Swim (2 lanes)		8 – 9 p.m. Lap Swim (2 lanes)			
<b>Spa</b>	5:30 a.m. – 9:30 p.m.	5:30 a.m. – 9:30 p.m.	5:30 a.m. – 9:30 p.m.	5:30 a.m. – 9:30 p.m.	5:30 a.m. – 7:45 p.m.	7 a.m. – 7:45 p.m.	11 a.m. – 5:45 p.m.

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

## MAIN POOL AND SPA AREA – SPECIAL HOURS

<b>September 2</b>	<p>Holiday Hours for the Main Pool &amp; 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.</p> <p>*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 &amp; Spa area will also close for the day.</p>
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## MAIN POOL AND SPA FEES

	Res.	Non-Res.		
<b>COMBINATION PUNCH PASS</b> — (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		
<b>ANNUAL POOL PASS</b> — 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 <b>Res.      Non-Res.</b>	
Youth (17 and under)	\$110	\$165		
Adults (ages 18+)	\$140	\$210	\$13.67	\$19.50
Family (2 adult, 4 youth)	\$420	\$630	\$37	\$54.50

	Res.	Non-Res.
<b>LAP SWIM ONLY</b> (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
<b>WATER PARK PASSES</b> — Valid until September 2, 2019.		
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](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 August 19 through September 1, 2019

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8 – 8:55 a.m.	TONE AND TALK (S) *		TONE AND TALK (S)		TONE AND TALK (S)	H2O CARDIO CROSS TRAINING
	FIT WAVES (D)	TONE AND TALK (D)	FIT WAVES (D)	TONE AND TALK (D)	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.	WATER WALKING **	WATER WORKOUT (S) **	WATER WALKING **	WATER WORKOUT (S) **	WATER WALKING **	
					FIT WAVES (D)	
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)			

\*Tone and Talk (S) will not meet August 19.

\*\*10 a.m. Water Walking and Water Workout classes are previews for fall registered classes.

(D) denotes a deep water class, while (S) denotes a shallow water class.

## 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.

**AQUA INTERVALS:** Alternate intervals of exercise and recovery for overall fitness conditioning, especially the cardiopulmonary system.

**FIT WAVES:** Makes waves as we workout core muscle groups and get your heart pumping! Classes take place in the Deep End and uses a variety of (provided) equipment.

**TONE AND TALK:** This class will give you gentle stretching and cardio in a supportive environment. Deep or shallow is 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.

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

**H2O CARDIO CROSS TRAIN:** 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.

### 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.**

## 2019 WATER WORKOUT DROP-IN PRICES

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

## 2019 WATER WORKOUT PASS PRICES

	Res.	Non-Res.	Monthly Installment Payments	
<b>Annual Pool Pass</b> Adult	\$140	\$210	\$13.67	\$19.50
<b>Multi-use Punch Pass – 12 Visits</b> (Valid for 2 Years) Combination	\$50	\$100		

## SPECIAL POOL HOURS SUMMER 2019

<b>Sept. 2</b>	<b>Holiday Hours for the Main Pool and Spa Area:</b> Lap Swimming (8 lanes) and Spa Area available from 5:30 to 11:45 a.m. Main Pool and Spa Area 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 2 p.m. on Memorial Day, Independence Day and Labor Day.	

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