

FALL 2019

# Main Pool & Spa

## MAIN POOL SWIMMING & SPA SCHEDULE

Effective September 16 – October 20

	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 – 5 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)	
	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)	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)	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)	1 – 3:45 p.m. <b>POOL CLOSED</b>	Noon – 1 p.m. Lap Swim (8 lanes)	1 – 3:45 p.m. <b>POOL CLOSED</b>	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>	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	1 – 3:45 p.m. <b>POOL CLOSED</b>	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	2 – 5:45 p.m. Lap Swim (2 lanes) Open Swim	
	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Programs in Session (No Lap Lanes)	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim	5 – 7 p.m. Programs in Session (No Lap Lanes)	5 – 7 p.m. Lap Swim (1 lane) KCST Practice		
	5 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	5 – 7:30 p.m. Programs in Session (No Lap Lanes)	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	7 – 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	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		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. – 5:45 p.m.

### 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 9/16/2019 through 05/17/2020.</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 September 16 through December 21, 2019

Times	Monday	Tuesday	Wednesday	Thursday***	Friday***	Saturday	Sunday
8 – 8:55 a.m.	Tone and Talk (S)*		Tone and Talk (S)**		Tone and Talk (S)		NO CLASS
	Fit Waves (D)	Tone and Talk (D)	Fit Waves (D)	Tone and Talk (D)	Strong and Fit (D)	H2O Cardio Cross Training**	
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)		
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 Mondays, September 16 through October 21.

\*\*Move and Groove, Tone and Talk (S) and Shallow Workout will NOT meet Wednesday, November 27; H2O will NOT meet Saturday, December 21.

\*\*\*All classes will NOT meet on Thursday, November 28 and Friday, November 29.

## 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.

## 2019 WATER WORKOUT DROP-IN PRICES

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

## SPECIAL POOL AND SPA HOURS FALL 2019

November 1, 2, 3	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 remain open as regularly scheduled.
November 4	Fairmont Swim Team practices begin on Mondays, Tuesdays, Wednesdays and Thursdays for the remainder of the season. The Spa Area will remain open as regularly scheduled.
November 25, 26, 27	Holiday Open Swim: 3 – 5 p.m.
November 28	Thanksgiving Day: Closed
November 29	Holiday Open Swim: 1 – 5 p.m.
December 6 and 13	Pool closes at 1 p.m. for a Fairmont High School Swim Meet. The Spa Area WILL NOT be open during this time.

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



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