

Winter 2020

Main Pool & Spa

MAIN POOL SWIMMING & SPA SCHEDULE

Effective February 17 through May 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	5:30 – 7 a.m. Lap Swim (7 lanes) KCST Practice	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 7 a.m. Lap Swim (7 lanes) KCST Practice	5:30 – 8 a.m. Lap Swim (8 lanes)	5:30 – 6:30 a.m. Lap Swim (4 lanes) Fairmont Practice	7 – 8 a.m. Lap Swim (8 lanes)	11 a.m. – Noon Lap Swim (8 lanes)
	7 – 8 a.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	7 – 8 a.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	6:30 – 8 a.m. Lap Swim (8 lanes)	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	11 a.m. – 1 p.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	11 a.m. – 1 p.m. Lap Swim (8 lanes)	8 – 11 a.m. Lap Swim (3 lanes) Water Workout	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	1 – 3:45 p.m. POOL CLOSED	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool Home School Swim	1 – 3:45 p.m. POOL CLOSED	11 a.m. – Noon Lap Swim (4 lanes) Splash Time in the Pool Home School Swim	Noon – 1 p.m. Lap Swim (2 lanes) Swim Lessons	
	Noon – 1 p.m. Lap Swim (8 lanes)	3:45 – 5 p.m. Lap Swim (2 Lanes) Open Swim	Noon – 1 p.m. Lap Swim (8 lanes)	3:45 – 5 p.m. Lap Swim (2 Lanes) Open Swim	Noon – 1 p.m. Lap Swim (8 lanes)	1 – 2 p.m. Lap Swim (8 lanes)	
	1 – 3:45 p.m. POOL CLOSED	5 – 7 p.m. Programs in Session (No Lap Lanes)	1 – 3:45 p.m. POOL CLOSED	5 – 7 p.m. Programs in Session (No Lap Lanes)	1 – 3:45 p.m. POOL CLOSED	2 – 5:45 p.m. Lap Swim (2 lanes) Open Swim	
	3:45 – 5 p.m. Lap Swim (2 Lanes) Open Swim	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	3:45 – 5 p.m. Lap Swim (2 Lanes) Open Swim	7 – 8 p.m. Lap Swim (1 lane) KCST Practice	3:45 – 5 p.m. Lap Swim (2 lanes) Open Swim		
	5 – 7:30 p.m. Programs in Session (No Lap Lanes)	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice	5 – 7:30 p.m. Programs in Session (No Lap Lanes)	8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice	5 – 7 p.m. Lap Swim (1 lane) KCST Practice		
	7:30 – 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		8 – 9:30 p.m. Lap Swim (2 lanes) KCST Practice				
Spa	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.

April 25: No lap swim from 1 – 2 p.m.

May 18 – 22: Pool closed for maintenance.

May 16: Open swim begins at 3 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
COMBINATION PUNCH PASS (12 admissions) — Valid for two years from date of purchase. 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
SEASONAL SWIM PASS – Valid through 5/17/2020. *Mid-season discount effective 1/1/20 (prices reflected below)		
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) 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 January 6 through March 29

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)				

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

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 reserved for swimmers with disabilities. The lanes furthest away are 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.

2020 WATER WORKOUT DROP-IN PRICES

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



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