

# SUMMER 2021

# Main Pool & Spa

## MAIN POOL SWIMMING & SPA SCHEDULE

Effective July 26 – September 5, 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Main Pool	6 – 8 a.m. Lap Swim (8 lanes)	6 – 8 a.m. Lap Swim (8 lanes)	6 – 8 a.m. Lap Swim (8 lanes)	6 – 8 a.m. Lap Swim (8 lanes)	6 – 8 a.m. Lap Swim (8 lanes)	7 – 8 a.m. Lap Swim (8 lanes)	10 a.m. – Noon Lap Swim (8 lanes)
	8:05 – 8:55 a.m. Shallow Water Workout	8:05 – 8:55 a.m. Deep Water Workout	8:05 – 8:55 a.m. Shallow Water Workout	8:05 – 8:55 a.m. Deep Water Workout	8:05 – 8:55 a.m. Shallow Water Workout	8:05 – 8:55 a.m. Deep Water Workout	
	9 – 11 a.m. Swim Lessons	9 – 11 a.m. Swim Lessons	9 – 11 a.m. Swim Lessons	9 – 11 a.m. Swim Lessons	9 – 10 a.m. Lap Swim (8 Lanes)	9 a.m. – 1 p.m. Swim Lessons	
	11 a.m. – 1 p.m. Lap Swim (8 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	11 a.m. – 1 p.m. Lap Swim (8 lanes)	10:05 – 10:55 a.m. Aqua Zumba		
	1 – 5 p.m. Pool Closed	1 – 5 p.m. Pool closed	1 – 5 p.m. Pool Closed	1 – 5 p.m. Pool Closed	11 a.m. – 1 p.m. Lap Swim (8 Lanes)		
	5 – 7 p.m. Swim Lessons	5 – 7 p.m. Swim Lessons	5 – 7 p.m. Swim Lessons	5 – 7 p.m. Swim Lessons	1 – 5 p.m. Pool Closed		
7:05 – 7:55 p.m. Shallow Water Workout	7:05 – 7:55 p.m. Deep Water Workout	7:05 – 7:55 p.m. Shallow Water Workout	7:05 – 7:55 p.m. Deep Water Workout	5 – 7 p.m. Lap Swim (8 Lanes)			
Spa	6 a.m. – 1 p.m. 3 – 7:45 p.m.	6 a.m. – 1 p.m. 5 – 7:45 p.m.	6 a.m. – 1 p.m. 3 – 7:45 p.m.	6 a.m. – 1 p.m. 5 – 7:45 p.m.	6 a.m. – 1 p.m. 5 – 7 p.m.	7 a.m. – Noon	10 a.m. – Noon

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

## MAIN POOL AND SPA SWIMMING FEES

	Res.	Non-Res.
<b>COMBINATION PUNCH PASS</b> — This pass includes admission to any drop-in activity at the Kettering Recreation Complex and Kettering Fitness & Wellness Center.		
Youth	\$40	\$80
Adult	\$50	\$100
<b>ANNUAL POOL PASS</b> – Valid for one year from date of purchase. You may use the Water Park; please enter through Checkpoint.		
Youth (17 & under)	\$110	\$165
Adult	\$140	\$210
Family (2 adults, 4 youth)	\$420	\$630

	Res.	Non-Res.
<b>LAP SWIM ONLY</b> (One drop-in visit) — Main Pool; All ages welcome! (You must be able to swim laps on your own.)		
Youth (Ages 3 – 17)	\$4	\$8
Adult	\$5	\$10
<b>WATER PARK PASSES</b>		
Youth (17 & under)	\$55	\$85
Adult	\$65	\$100
Family (2 adults, 4 youth)	\$195	\$295

The pool schedule is subject to change. Notice of changes will be posted on the website ([www.playkettering.org](http://www.playkettering.org)), the Play Kettering app, as well as at the Kettering Recreation Complex. Feel free to call 296-2587 to verify the schedule.

# DROP-IN WATER EXERCISE CLASS SCHEDULE

Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:05 – 8:55 a.m.	Move and Groove (S)		Move and Groove (S)		Move and Groove (S)	
		Fit Waves (D)		Fit Waves (D)		Fit Waves (D)
10:05 – 10:55 a.m.					Aqua Zumba (S)	
7:05 – 7:55 p.m.	Shallow Workout		Shallow Workout			
		Tone and Talk (D)		Tone and Talk (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.

**AQUA ZUMBA:** This high-energy class blends Zumba with natural water resistance for a low-impact full body workout.

**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.

**TONE 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.

**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.

## 2021 WATER WORKOUT DROP-IN PRICES

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

## 2021 WATER WORKOUT PASS PRICES

	Res.	Non-Res.	Monthly Installment Payments	
Annual Pool Pass Adult	\$140	\$210	\$14	\$20
Multi-use Punch Pass 12 Visits (Valid for 2 years) Combination	\$50	\$100		

## SPECIAL POOL HOURS SUMMER 2021

July 4	Holiday Hours for the Main Pool and Spa Area: Lap swimming (8 lanes) and Spa Area available from 10 a.m. – 2 p.m.
Sept. 2	Holiday Hours for the Main Pool and Spa Area: Lap swimming (8 lanes) and Spa Area available from 6 a.m. – 2 p.m.

**Note:** Check our website at [www.playkettering.org](http://www.playkettering.org), the Play Kettering app, or call prior to visiting the pool for possible schedule changes.

