

KETTERING MAIN POOL

Water Workout Schedule

NOVEMBER 2022



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|--|---|--|---|
| <p>(D) Denotes a class that takes place primarily in the deep end of the pool (S) Denotes a class that takes place primarily in the shallow end of the pool</p> | <p>*Please Note: Water temperatures are lowered for the safety of swim meet participants and may seem cooler than usual the first day after a meet concludes.</p> | <p>1 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>2 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.</p> | <p>3 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>4 Move & Groove (S) 9 – 9:50 a.m. Pool Closed after 1 p.m. for Tidal Wave Aquatics Swim Meet</p> | <p>5 Pool Closed for Tidal Wave Aquatics Swim Meet</p> |
| <p>6 Pool Closed for Tidal Wave Aquatics Swim Meet</p> | <p>7* Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.</p> | <p>8 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>9 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.</p> | <p>10 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>11 Move & Groove (S) 9 – 9:50 a.m.</p> | <p>12 Fit Waves (D) 8:40 – 9:30 a.m.</p> |
| <p>13 Aqua Zumba (S) 10 – 10:50 a.m.</p> | <p>14 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 7 – 7:50 p.m.</p> | <p>15 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>16 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.</p> | <p>17 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>18 Move & Groove (S) 9 – 9:50 a.m.</p> | <p>19 Fit Waves (D) 8:40 – 9:30 a.m.</p> |
| <p>20 Aqua Zumba (S) 10 – 10:50 a.m.</p> | <p>21 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.</p> | <p>22 Fit Waves (D) 9 – 9:50 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>23</p> | <p>24 Thanksgiving Day Facility Closed</p> | <p>25</p> | <p>26 Fit Waves (D) 8:40 – 9:30 a.m.</p> |
| <p>27 Aqua Zumba (S) 10 – 10:50 a.m.</p> | <p>28 Move & Groove (S) 9 – 9:50 a.m. Aqua Zumba (S) 7 – 7:50 p.m.</p> | <p>29 Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:55 a.m. Tone & Talk (D) 7 – 7:50 p.m.</p> | <p>30 Move & Groove (S) 9 – 9:50 a.m. Open Workout (S) 7 – 7:50 p.m.</p> | | | |
| <p>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.</p> | <p>TONE AND TALK: This class will give you gentle stretching and cardio in a supportive environment.</p> | <p>MOVE AND GROOVE: Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.</p> | <p>OPEN WORKOUT: This time provides an open area to work out without an instructor in the shallow and/or deep end. Various equipment will be available to borrow.</p> | <p>AQUA ZUMBA: Known as the "Zumba Pool Party," this class gives new meaning to a vigorous workout with a fun but challenging water-based body-toning workout.</p> | <p>Download the PlayKettering app for all KRC updates and changes</p> | |

KETTERING MAIN POOL

Spa Schedule



NOVEMBER 2022

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|---|---|--|---|
| | | 1 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 2 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 3 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 4 6 a.m. – 12:55 p.m. 4 – 7:50 p.m. <i>Main Pool Closed after 1 p.m. for Tidal Wave Aquatics Swim Meet</i> | 5 7 a.m. – 5:50 p.m. <i>Main Pool Closed for Tidal Wave Aquatics Swim Meet</i> |
| 6 10 a.m. – 5:50 p.m. <i>Main Pool Closed for Tidal Wave Aquatics Swim Meet</i> | 7 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 8 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 9 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 10 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 11 6 a.m. – 12:55 p.m. 4 – 7:50 p.m. | 12 7 a.m. – 5:50 p.m. |
| 13 10 a.m. – 5:50 p.m. | 14 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 15 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 16 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 17 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 18 6 a.m. – 12:55 p.m. 4 – 7:50 p.m. | 19 7 a.m. – 5:50 p.m. |
| 20 10 a.m. – 5:50 p.m. | 21 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 22 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 23 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 24 <i>Thanksgiving Day Facility Closed</i> | 25 6 a.m. – 12:55 p.m. 4 – 7:50 p.m. | 26 7 a.m. – 5:50 p.m. |
| 27 10 a.m. – 5:50 p.m. | 28 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 29 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | 30 6 a.m. – 12:55 p.m. 4 – 9:50 p.m. | | | |
| | | | | <p>Download the PlayKettering app for all KRC updates and changes</p> | | |