

Main Pool & Spa Schedule

NOVEMBER 2023

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spa Schedule	10 a.m. – 5:45 p.m. Main Pool Closed at 3 p.m.	6 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 4 – 9:45 p.m.	6 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 4 – 9:45 p.m.	6 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 4 – 9:45 p.m.	6 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 4 – 9:45 p.m.	6 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 4 – 7:45 p.m.	7 a.m. – 5:45 p.m.
Water Workout Schedule	Aqua Zumba (S) 10 – 10:50 a.m. (3 Ln)	Move & Groove (S) 9 – 9:50 a.m. Registered WWO (D) 10 – 10:50 a.m. Open WWO 7 – 7:45 p.m. (4 Ln)	Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 Ln)	Move & Groove (S) 9 – 9:50 a.m. Registered WWO (D) 10 – 10:50 a.m. Open WWO 7 – 7:45 p.m. (2 Ln)	Fit Waves (D) 9 – 9:50 a.m. Registered WWO (S) 10 – 10:50 a.m. Tone & Talk (D) 7 – 7:45 p.m. (4 Ln)	Move & Groove (S) 9 – 9:50 a.m.	Fit Waves (D) 9 – 9:50 a.m.
Lap/Open Swim Schedule	Lap Swim 10 – 11 a.m. (5 Ln) 11 a.m. – 1 p.m. Open Swim 1 – 2:45 p.m. Main Pool Closed at 3 p.m.	Lap Swim 6 – 8:45 a.m. 11 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 8 – 9 p.m. (2 Ln) 9 – 9:45 p.m. Main Pool Closed at 9:45 p.m.	Lap Swim 6 – 8:45 a.m. 11 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 8 – 9 p.m. (2 Ln) 9 – 9:45 p.m. Main Pool Closed at 9:45 p.m.	Lap Swim 6 – 8:45 a.m. 11 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 8 – 9 p.m. (4 Ln) 9 – 9:45 p.m. Main Pool Closed at 9:45 p.m.	Lap Swim 6 – 8:45 a.m. 11 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 8 – 9 p.m. (2 Ln) 9 – 9:45 p.m. Main Pool Closed at 9:45 p.m.	Lap Swim 7 – 8:45 a.m. 10 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 6 – 7:45 p.m. Main Pool Closed at 7:45 p.m.	Lap Swim 7 – 7:45 a.m. Noon – 1:45 p.m. (4 Ln) 4:45 – 5:45 p.m. Open Swim 2 – 4:45 p.m. Main Pool Closed at 5:45 p.m.

Lap swim is 8 lanes unless otherwise specified

Special Dates	Spa Schedule	Water Workout Schedule	Lap/Open Swim Schedule
	<p>Nov. 3 – 5: Can only enter though fitness side</p> <p>Nov. 23: Main Pool and Spa Closed for Thanksgiving</p>	<p>Nov. 4 & 5: No class due to Swim Meet</p> <p>Nov. 22: No Class</p> <p>Nov. 23: No Class, Main Pool and Spa Closed for Thanksgiving</p>	<p>Nov. 3: Lap Swim available 6 – 8:45 a.m</p> <p>Nov. 3 – 5: Lap Swim unavailable starting Friday at 1 p.m.</p> <p>Nov. 22: Lap Swim 6 a.m. – 12:50 p.m. Closed 12:50 – 4 p.m. 7 – 9 p.m. (4 Ln) 9 – 9:45 p.m.</p> <p>Nov. 23: Main Pool and Spa Closed for Thanksgiving</p>



Calendar finalized 10/17/2023

Download the PlayKettering app for all Main Pool and Spa schedule changes.

Regular Schedule for KRC

Monday – Thursday	5:30 a.m. – 10 p.m.
Friday	5:30 a.m. – 8 p.m.
Saturday	7 a.m. – 6 p.m.
Sunday	10 a.m. – 6 p.m.

Special Dates	Holiday	Hours
November 23	Thanksgiving	Closed

Kettering Recreation Complex
2900 Glengarry Drive, Kettering, OH 45420
937-296-2587

Kettering Aquatics Daily Admission and Pass Pricing

	Residents	Non-Residents
Daily Admission		
2 and Under (free with pass)	\$1	\$2
Youth (3 – 17)	\$4	\$8
Adult (18+)	\$5	\$10
Annual Pass – (monthly rate) <i>Valid 1 year from date of purchase</i>		
Youth (3 – 17)	\$110 (\$12)	\$165 (\$16)
Adult (18 +)	\$140 (\$14)	\$210 (\$20)
Family (2 adults, 4 youth)	\$420 (\$37)	\$630 (\$55)
<i>Daily Admission and Passes may be applied to all public Open Swim, Lap Swim, Water Workout (drop-in only), and Spa visits.</i>		

Water Workout Classes

We offer a variety of Water Workout classes both drop-in and registered. All water workout classes consist of aerobic routines, stretching and toning with benefits such as improved flexibility, improved muscle strength, cardiovascular fitness, and limited to no impact on joints. **Shallow Water Workout** (limited impact) classes are performed in waist to shoulder deep water. **Deep Water Workout** (no impact) classes take place in the deep end with floatation belts available for class participants to borrow.

Fit Waves (Drop-in):

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 & Talk (Drop-in):

This class will give you gentle stretching and cardio in a supportive environment.

Moove & Groove (Drop-in):

Energetic aerobic moves in shallow water set to fun upbeat music with attention to strengthening using various provided equipment.

Water Workout (Drop-in & Registered):

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.

Aqua Zumba (Drop-in):

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.

Instructors



Kathleen



Anne



Jodi



Amy

Lap Swimming

Lap swimming is great exercise for people of all ages. There are 72 lengths to a mile in the Kettering Recreation Complex pool.

Etiquette:

Lap lanes are offered on a first come basis. Please be courteous to all swimmers. If you are joining a lane that is already occupied please stop and discuss how you will be sharing the lane with those who are already swimming. When more than two people are sharing a lane please circle swim counter clockwise and stay as far to the right of the lane as possible. If the swimmer behind you is faster, allow them to pass by stopping at the wall. Lanes closest to the lifeguard are designated for our slower swimmers and our first lap lane is reserved for individuals with disabilities. Do not lap swim outside of the lane lines during programs or Open Swim. We do NOT allow lap swimming during swim lessons.

Youth:

How do you know if your child is ready to start lap swimming? If your child can swim 50 yards continuously on their stomach using their arms and legs with some form of rhythmic breathing, tread water for 60 seconds in deep water without panicking; and understand lap swim guidelines including how to circle swim, then they are ready to utilize the lap lanes at our Main Pool.



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