ZEELAND RECREATION
AQUATICS SCHEDULE

EAST POOL — **In effect Sept 7-Dec 31 | Subject to change**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	5:00-7:00am Water Fitness	7:30-8:30am Water Fitness
7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi		7:00-8:00am Sunrise Stretch & Stride Heidi	8:30-12:00pm Group Swim Lessons
				9:30-10:45am Paddle & Play Open Swim Sept 24-May 13	
9:00-10:00am Deep H2O Heidi		9:00-10:00am Deep H2O Heidi		9:00-10:00am Deep H2O Heidi	
11:00-12:00pm Midday Movers Heidi	11:00-1:00pm Water Fitness	11:00-12:00pm Midday Movers Heidi	11:00-1:00pm Water Fitness	11:00-12:00pm Midday Movers Heidi	
11:00-12:00pm Deep Water Walking		11:00-12:00pm Deep Water Walking		11:00-12:00pm Deep Water Walking	
12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness		12:00-1:00pm Water Fitness	12:00-1:30pm Private Swim Lessons
		1:30-2:30pm Adaptive Open Swim Sept 22, Oct 20, Nov 17, Dec 15, Jan 12, Feb 9, Mar 16, Apr 13, May 18			1:30-3:30pm Open Swim
4:30-7:00pm Group Swim Lessons	3:45-7:00pm Private Swim Lessons	4:30-7:00pm Group Swim Lessons	3:45-7:00pm Private Swim Lessons	5:30-7:00pm Water Fitness	
7:00-8:30pm Water Fitness	7:00-8:30pm Open Swim	7:00-8:30pm Water Fitness	7:00-8:30pm Open Swim	7:00-8:30pm Open Swim	

WEST POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	5:00-7:00am Lap Swim	7:45-10:30am Lap Swim
					8:00-11:15am Youth Aquatics
11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	11:00-1:00pm Lap Swim	1:30-3:30pm Lap Swim
5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:30pm Lap Swim	5:30-7:00pm Lap Swim	
7:30-8:30pm Firm H2O Trish	7:30-8:30pm Hydro Cardio Suzette	7:30-8:30pm Firm H2O Trish	7:30-8:30pm Firm H2O Trish		

COLOR CODES (DESCRIPTIONS ON BACK): INSTRUCTOR-LED CLASS | OPEN EXERCISE | LAP SWIM | OPEN SWIM | MISC YOUTH PROGRAMS

Lap Swimmers: To ensure your spot in a lane, we encouraged you to pre-register. Stop by or call our service desk at 748-3230 for more details.

CLASS AND PROGRAM DESCRIPTIONS

Adaptive Open Swim- Provides access to physical activity, new stimuli, and alternative social activities for individuals with special needs and abilities. Everyone is welcome! Personal caregivers swim FREE!

Instructor: No Instructor- Lifeguard is on Duty
Date: Wednesday | Sept 22, Oct 20, Nov 17, Dec 15, Jan 12, Feb 9, Mar 16, Apr 13, May 18
Time: 1:30-2:30pm

Deep H2O- Use the water's resistance for an excellent full body workout appropriate for all fitness levels.

Instructor: Heidi Berens
Day: Mon, Wed & Fri
Time: 9:00am-10:00am

Deep Water Walking- A non-instructor led aquatics program that allows you time in the pool to exercise at your own pace. The deep end of the pool only is available at this time. Fitness equipment is available.

Instructor: No Instructor- Lifeguard is on Duty
Day: Mon, Wed & Fri
Time: 11:00am-12:00pm

Firm H20- 30-minutes of shallow water HIIT, followed by 30-minutes of strength and endurance training throughout the pool for a total body workout.

Instructor: Trish Vanderloon
Day: Mon, Wed & Thurs
Time: 7:30pm-8:30pm

Hydro Cardio- A high energy class that combines shallow and deep water components to improve strength, endurance and cardiovascular performance.

Instructor: Suzette Staal
Day: Tues
Time: 7:30pm-8:30pm

Lap Swimming- An excellent cardio workout that burns tons of calories and doesn't put stress on bones and joints.

Instructor: No Instructor- Lifeguard is on Duty
Mon-Thurs: 5:00am-7:00am | 11:00pm-1:00pm | 5:30pm-7:30pm
Fri: 5:00am-7:00am | 11:00am-1:00pm | 5:30pm-7:00pm
Sat: 7:45am-10:30am | 1:30-3:30pm

Midday Movers- Class designed to strengthen and tone muscles and provide a gentle cardio workout.

Instructor: Heidi Berens
Day: Mon, Wed & Fri
Time: 11:00am-12:00pm

Parent & Tot: Paddle & Play Open Swim- A special time in the pool for parents and young children to enjoy playtime with friends. For your convenience, we also provide life jackets, puddle jumpers and infant floats for non-swimmers

Instructor: No Instructor- Lifeguard is on Duty
Date: Friday | Sept 24-May 13 (Skip dates Nov 26, Dec 24, 31, Apr 1, 8)
Time: 9:30-10:45am

Sunrise Stretch & Stride- Class designed to strengthen and tone muscles and increase flexibility, balance and coordination.

Instructor: Heidi Berens
Day: Mon, Wed & Fri
Time: 7:00am-8:00am

Water Fitness- A non-instructor led aquatics program that allows you time in the pool to exercise at your own pace. The shallow and deep ends of the pool are available at this time. Fitness equipment is available.

Instructor: No Instructor- Lifeguard is on Duty
Mon & Wed: 5:00am-7:00am | 12:00pm-1:00pm | 7:00pm-8:30pm
Tues & Thurs 5:00am-7:00am | 11:00am-1:00pm
Fri: 5:00am-7:00am | 12:00pm-1:00pm | 5:30pm-7:00pm
Sat: 7:30am-8:30am