

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Ex 8:15 - 8:55 a.m. Chris		Water Ex 8:15 - 8:55 a.m. Chris				
Ai Chi 9:05 - 9:45 a.m. Kathie	Deep Water Ex 9:05 - 9:45 a.m. Deb N.			Ai Chi 9:05 - 9:45 a.m. Kathie	Swim Lessons 9:00 - 11:00 a.m. <i>Registration Required</i>	
H2O Pi-Yo 10:05 - 10:45 a.m. Kathie	Joints in Motion 10:05 - 10:45 a.m. Deb N.	Joints in Motion 10:05 - 10:45 a.m. Laurie	Joints in Motion 10:05 - 10:45 a.m. Shawn	Aqua Yoga 10:05 - 10:45 a.m. Kathie	Swim Lessons 11:00 - 12:00 p.m. <i>Registration Required</i>	
Joints in Motion 10:05 - 10:45 a.m. Chris	Water Ex 11:05 - 11:45 a.m. Shawn	Aqua Zumba 10:05 - 10:45 a.m. AJ	Water Ex 11:05 - 11:45 a.m. Shawn	Aqua Zumba 10 - 10:45 a.m. AJ		
Stretch & Tone 12:05 - 12:45 p.m. Kenzie		Stretch & Tone 12:05 - 12:45 p.m. Laurie		Stretch & Tone 12:05 - 12:45 p.m. Shawn		
				Ryan Intermediate 1 - 3 p.m. <i>Sept. 11 - May 21</i>	Friends & Family 2 - 5:45 p.m.	Friends & Family 1 - 3 p.m.
Swim Lessons 4:30 - 8:05 p.m. <i>Registration Required</i>	Swim Lessons 4:30 - 8:05 p.m. <i>Registration Required</i>	Swim Lessons 4:30 - 8:05 p.m. <i>Registration Required</i>	Swim Lessons 4:30 - 8:05 p.m. <i>Registration Required</i>			
Swim Lessons 4:30 - 7 p.m. <i>Registration Required</i>	Swim Lessons 4:30 - 7 p.m. <i>Registration Required</i>	Swim Lessons 4:30 - 7 p.m. <i>Registration Required</i>	Swim Lessons 4:30 - 7 p.m. <i>Registration Required</i>			
			Stretch & Tone 6:30 - 7:15 p.m. Jenn	Friends & Family 7 - 9:15 p.m.		

Class Location

-  Warm Pool
-  Lap Pool
-  Rehab Pool

Warm Pool and Lap Pool are open for swim outside of class times. The deep end of the warm water pool will be available for members to use during classes. A minimum of two lap lanes will remain available for reservations during lap pool classes.



Kalamazoo member pools

Class descriptions



Adult Swim Beginner

Learn to swim or improve on your basic water skills. Work with a swim coach to build confidence in and around the water. All participants must register and pay for this class.

Adult Swim Intermediate

Looking to improve your swimming skills and can already swim a length of the pool unassisted? Join this group training with a swim coach to learn how to be more efficient in the water and get more from your swimming workouts. All participants must register and pay for this class.

Ai Chi

Slow repetitive movement in the warm water will help with balance and stretch the body and soothe the mind.

Aqua Yoga

Gentle stretches improve flexibility, balance and strength. No previous yoga experience necessary for this relaxing but energizing class.

Aqua Zumba

It's a party in the pool! Combining international dance music and movements with aqua fitness principles creates this safe and challenging workout.

Deep Water Exercise

If you need a cardiovascular workout with no impact, try exercising in the deep water. This self-paced, non-swimming routine adjusts to any fitness level.

Exercise for Everybody

The warm water pool provides an inviting environment for this medium paced aerobics class. Components of strength training, flexibility and balance work add variety to keep you coming back for more

H2O Pi-Yo

A hybrid of Aqua Yoga and Pilates. Improve flexibility & balance with additional focus on strengthening the core & body.

Joints in Motion

Enjoy the soothing warm water pool in this special class designed for individuals with joint disease. Short aerobic component helps you stay moving.

Open Deep/Shallow Water Exercise

Dedicated lane space for those that would like to perform a self-guided workout without an instructor.

Prenatal Water Exercise

This class will reward you with incredible wellness benefits for you and your baby. Safe exercise, low-impact during pregnancy increases flexibility, improves recovery after childbirth, and improves emotional well being. All participants must register and pay for this class.

Stretch & Tone

Improve strength and flexibility in this fun class in the warm water. A short aerobic portion will get the body moving and ready for developing strength, balance and flexibility.

Water Exercise

Get a complete workout without leaving the pool! A balance of cardio, strength, and stretching for all fitness levels