

# DELTA TOWNSHIP AQUATICS POOL SCHEDULE

**Fall 2016**



The Pool Information Line is 484-9322

This schedule can also be found at [www.Deltami.gov/parks](http://www.Deltami.gov/parks)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	9:00-9:45 am Deep Water Aerobics	9:00-9:45 am Splash Aerobics	
10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis Plus Aquacise	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Arthritis Plus Aquacise	10:00-10:45 am Deep Water Aerobics	
11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	
12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	12:00-1:00 pm Lap Swim	
3:30 - 5:00 pm Adult Open/  Lap Swim		3:30 - 5:00 pm Adult Open/  Lap Swim			
5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  11/8 - 12/8	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons  11/8 - 12/8		
6:00-6:45 pm Splash Aerobics	<i>Call or click to register:</i>	6:00-6:45 pm Splash Aerobics	<i>Call or click to register</i>		
6:45-8:00 pm Adult Open/  Lap Swim	517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>	6:45 - 8:00 pm Adult Open/  Lap Swim	517-484-5600 <a href="http://www.deltami.gov">www.deltami.gov</a>		
	7:30-8:30 pm  Family Swim 11/8 -12/6 only		7:30-8:30 pm  Family Swim 11/10 - 12/8 only		

Private Swim  
Lessons Avail.  
Call to register

POOL RENTALS are  
available for your  
private group. Great  
for birthday parties,  
reunions, and more!  
Call  
484-5600  
for details.

# DELTA TOWNSHIP AQUATICS

Aquatics Office Phone: 517 484-5600

## Aquatics Information Line: 484-9322

PLEASE NOTE: Please call the Aquatics information number listed above for updates. In the event of severe weather and the Waverly School District is closed, then all Delta Township Aquatics programs will be cancelled.

**Pool Rentals:** Great for parties, reunions, and specialty classes. Call the office for details.

**Adult Water Exercise** – you do not need to be a swimmer to participate. Your first visit to one water exercise class (of your choice) is complimentary. All water aerobics classes are taught for 45 minutes.

### Arthritis Aquacise ☺

Aquatic exercise class designed by the Arthritis Foundation and taught by Arthritis Foundation certified instructors. These classes are designed to alleviate the symptoms of arthritis while increasing muscle strength, limb flexibility, and increased range-of-motion (ROM). Many participants also experience significant pain and stress relief. Stretching movements are included throughout the class.

### Arthritis Plus Aquacise ☺

This class is a step up from the Arthritis class described above. This workout includes about 20 minutes of low-level endurance activities, which provides cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

### Splash ☺

These classes provide a participant with fun and fast cardiovascular activities that also include muscle strengthening and toning. Jumping and bouncing moves are included. Class concludes with relaxing stretch session.

### Deep Water Aerobics 🏊

This class is designed to make the most of water resistance by offering the participant the challenge provided by long, strong, and powerful movements through the water – did you know that a *half hour* of water walking is equivalent to walking 2 hours on land?

### Adult Open Swim

Come join us for an adults only open swim time. This is an opportunity for adults to use the pool without an instructor or having to swim laps. Use your lap / family swim card, water aerobics card, or pay a \$4 drop in fee per person. Enjoy the pool and do what you want to do! Ages 18+

### Swim Lesson Information

Adult and Youth swim lessons are offered at the warm water pool at Waverly East. Private and semi-private lessons are also available. Please call or click for more information or to register for swim lessons; 484-5600, [www.deltami.gov](http://www.deltami.gov)

## David Hill – Aquatics Coordinator

For each activity you may purchase a punch card, which is good for 10 visits. **Refunds will not be issued for new or partially used punch cards.**

Activity	Age	Fee
<b>Adult Water Exercise</b>	54 and under	\$55.00
	55 and over	\$50.00
Correct change only	Drop in	\$ 7.00
<b>Adult Open Swim</b>	18 and over	\$35.00
	Correct change only	Drop in
<b>Lap Swim</b>	All	\$35.00
	Correct change only	Drop in
<b>Family Swim**</b>	All	\$35.00
	Correct change only	Drop in

Please make checks payable to: Delta Township

\*\*Family Swim – an adult aged 18 or above must remain in attendance, with no more than 5 youth swimmers under their supervision. **It is the policy of Delta Township to not allow children over the age of 5 in opposite gender locker rooms.**

Punch cards may be purchased at the Delta Township Aquatics office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, Mi. Office hours are M-F, 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Major credit cards are accepted.

~ Purchase punch cards on the pool deck with a **check or money order only** ~

Swim schedules are available on Delta Township's website, [www.Deltami.gov](http://www.Deltami.gov), at the Pool, and at the Delta Township Aquatics office.

### **The Pool will be closed on the following dates:**

Thursday November 24, 2016

Friday November 25, 2016

Friday December 23, 2016

Monday December 26, 2016

**Aquatics Information Line 484-9322**