



DELTA TOWNSHIP AQUATICS POOL SCHEDULE

February 9, 2016 – April 2, 2016



The Aquatics Information Line 484-9322

This schedule can also be found at 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	10 am-12:30 pm Swim Lessons 1/16 – 3/5 <i>Call or click to</i> <i>register</i> 517-484-5600 www.deltami.gov
11:00-11:45 am Arthritis Aquacise	11:00-12:00 pm Arthritis Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-12:00 pm 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	
				3:00-4:00 pm Adult Open Swim	
3:30– 5:00 pm Adult Open/ Lap Swim		3:30-5:00 pm Adult Open/ Lap Swim		4:00-5:00 pm Lap Swim	
5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 1/12-3/1	5:00-5:45 pm Deep Water Aerobics	5:00-7:30 pm Swim Lessons 1/14-3/3	5:00 – 6:00 pm Private Swim Lessons Avail. Call to register	
6:00-6:45 pm Splash Aerobics	<i>Call or click to</i> <i>register:</i> 517-484-5600 www.deltami.gov	6:00-6:45 pm Splash Aerobics	<i>Call or click to</i> <i>register</i> 517-484-5600 www.deltami.gov		
6:45-8:00 pm Adult Open/ Lap Swim	7:30-8:30 pm Family Swim 1/12-3/1 only	6:45-8:00pm Adult Open/ Lap Swim	7:30-8:30 pm Family Swim 1/14-3/3 only		



DELTA TOWNSHIP AQUATICS

Activities Office Phone: 484-5600

Aquatics Information Line: 484-9322

PLEASE NOTE: Please call the pool information number listed above for updates or listen to local TV or radio broadcasts for information about Waverly School closings. In the event of severe weather and the Waverly School District is closed, all Delta Township Aquatics programs will be cancelled.

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

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 the Delta Township Aquatics Office for more information about costs and session dates, or to register for swim lessons.

David Hill – Aquatics Coordinator

Please make checks payable to: Delta Township

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

Activity	Age	Fee
Adult Water Exercise*	54 and under	\$55.00
	55 and over	\$50.00
Correct change only	Drop in	\$ 7.00
Adult Open Swim	18 and over	\$ 4.00
Lap Swim	All	\$35.00
Correct change only	Drop in	\$ 4.00
Family Swim**	All	\$35.00
Correct change only	Drop in	\$ 4.00
Bottled Water		\$ 1.00

*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!

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.

You may purchase punch cards three ways: 1) In person 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. 2) By phone (484-5600) using a credit card. Cards will be delivered to the pool twice a week. Visa, Discover and MasterCard are accepted. 3) On the pool deck with **check or money order only.**

The Pool is Located at Waverly East Intermediate School 3131 W. Michigan Ave., Lansing, 48917.

Swim schedules are available on Delta Township's website and at the Delta Township Activities office.

The Pool will be closed on the following days:

December 31: The Pool closes at 1:00 pm

Friday January 1, 2016

Monday January 18, 2016

Friday March 25, 2016

Aquatics Information Line 484-9322