



# **DELTA TOWNSHIP AQUATICS POOL SCHEDULE**

**Winter 2024**



Pool Information Line: 517-484-9322

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-9:00 am Lap Swim		8:00-9:00 am Lap Swim		
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	9:00-9:45 am Deep Water Aerobics	
Adult Open Swim Shallow End				Adult Open Swim Shallow End	
10:00-10:45 am Splash Aerobics	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Splash Aerobics	10:00-10:45 am Deep Water Aerobics	10:00-10:45 am Splash Aerobics	
11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Plus Aquacise	11:00-11:45 am Arthritis Aquacise	11:00-11:45 am Arthritis Plus 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	
3:00-4:15 pm Adult Open Swim	4:00-7:00 pm Swim Lessons	3:00-4:15 pm Adult Open Swim	4:00-7:00 pm Swim Lessons	3:00-4:15 pm Adult Open Swim	
4:30-5:15 pm Deep Water Aerobics		4:30-5:15 pm Deep Water Aerobics		4:30-5:45 pm Family Swim	
Adult Open Swim Shallow End		Adult Open Swim Shallow End			
5:30-6:15 pm Splash Aerobics		5:30-6:15 pm Splash Aerobics			
6:30-7:45 pm Family Swim		6:30-7:45 pm Family Swim			
Delta Township is currently looking to hire Lifeguards and Swim Instructors. For more information, contact Ethan Ward – Aquatics Coordinator: 517-940-9577 or <a href="mailto:eward@deltami.gov">eward@deltami.gov</a>					

The pool is at Waverly East Intermediate School 3131 W Michigan Ave, Lansing MI. Use Door #14  
 Classes, programs, and times are subject to change without advanced notice. Updated January 1<sup>st</sup>, 2024

# DELTA TOWNSHIP AQUATICS

Aquatics Office Phone: 517-484-5600

## Aquatics Information Line: 517-484-9322

**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 canceled.

**Pool Rentals:** Contact the Aquatics Coordinator.

### Adult Water Exercise

You do not need to be a swimmer to participate. Your first visit to a water exercise class (of your choice) is complimentary.

All water aerobics classes run 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 relief 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 provide cardiovascular benefits to participants, as well as multiple exercises and stretches for the entire body.

### Splash Aerobics

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

### 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?

### Lap Swim

Use our pool for your lap swimming needs. Remember to be courteous with other swimmers so that everyone can fulfill their exercise goals. Ages 18+

### 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, or water aerobics card, or pay a \$4 drop-in fee per person. Enjoy the pool and do what you want to do! Ages 18+

### Family Swim

Bring your family to the pool! Every age group is welcome to swim within the shallow area of the pool during this time.

**Swim Lessons:** We are not currently offering any swimming lessons. Check back with us later this year.

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		Fee
Adult Water Exercise	54 and under Punch Card	\$55.00
Adult Water Exercise	55 and over Punch Card	\$50.00
Exact change only	Drop in	\$ 7.00
Adult Open Swim	18 and over Punch Card	\$35.00
Exact change only	Drop in	\$ 4.00
Lap Swim	Punch Card	\$35.00
Exact change only	Drop in	\$ 4.00
Family Swim **	Punch Card	\$35.00
Exact change only	Drop in	\$ 4.00

**\*\* You may register online for family swim. Must show lifeguard a receipt of payment.**

Please make checks payable to: Delta Township

Punch cards may be purchased at the Delta Township Aquatics office, located inside the Enrichment Center, 4538 Elizabeth Road Lansing, MI 48917  
Office hours are M-F, 10:00 am to 3:00 pm.

You may also purchase punch cards by phone (517-484-5600) 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 exact change only** ~

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

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

January 1<sup>st</sup>, 2024

January 16<sup>th</sup>, 2024

**Aquatics Information Line: 517-484-9322**

**Ethan Ward – Aquatics Coordinator:  
517-940-9577 or [eward@deltami.gov](mailto:eward@deltami.gov)**