

DELTA TOWNSHIP AQUATICS POOL SCHEDULE

Fall 2024



Pool Information Line 517-484-9322

This schedule can also be found at 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 Deep Water Aerobics		9:00-9:45 am Deep Water Aerobics	
Adult Open Swim Shallow End		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				3:00-4:15 pm Adult Open Swim	
4:30-5:15 pm Deep Water Aerobics				4:30-5:45 pm Family Swim	
Adult Open Swim Shallow End					
5:30-6:15 pm Splash Aerobics					
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 at
517-484-5600 or eward@deltami.gov**

The pool is at Waverly East Intermediate School 3131 W Michigan Ave, Lansing MI. Use Door #14
All pool hours are subject to Lifeguard availability.

Classes, programs, and times are subject to change without advanced notice. Updated August 2nd, 2024

DELTA TOWNSHIP AQUATICS

Aquatics Information Line 517-484-9322 ---- Aquatics Office Phone: 517-484-5600

PLEASE NOTE: Please call the Aquatics information number listed above for updates. If Waverly School District is closed due to severe weather, all Delta Township Aquatics programs will be canceled.

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 arthritis symptoms 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 participants with fun cardiovascular activities, including 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 of 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

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.**

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.

Using a credit card, you may also purchase punch cards by phone (517-484-5600). 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 ~

Make checks payable to: Delta Township

Pool Schedules are available on Delta Township's website, www.deltami.gov/parks, at the Pool, and at the Delta Township Aquatics office.

Pool Rentals: Contact the Aquatics Coordinator.

The Pool will be Closed:

Monday, September 2nd, 2024
Thursday, November 28th, 2024
Friday, November 29th, 2024
Tuesday, December 24th, 2024
Wednesday, December 25th, 2024

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**Ethan Ward – Aquatics Coordinator:
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