

Spring 2024 Schedule



Times	Monday	Tuesday	Wednesday	Thursday	Friday	Sat. Times	Saturday
6-7am	Lap Swim Open Swim	<i>Closed</i>	Lap Swim Open Swim	<i>Closed</i>	Lap Swim Open Swim	6-7am	<i>Closed</i>
7-8am	Lap Swim Water Aerobics	<i>Closed</i>	Lap Swim Water Aerobics	<i>Closed</i>	Lap Swim Open Swim	7-8am	<i>Closed</i>
8-8:45am 8-9am 8:30-9:15a	Splash Class Lap Swim Cycling	<i>Closed</i>	Splash Class Lap Swim Cycling	<i>Closed</i>	Aqua Aerobics Lap Swim Cycling	8-8:45am 8-9am	Aqua Aerobics Lap Swim
9-10am	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	Lap Swim Open Swim	9-10am	Lap Swim Cycling/Yoga
10-11am	Lap Swim Deep Water Aerobics	Lap Swim Arthritis Water Aerobics	Lap Swim Open Swim Deep Water Aerobic	Lap Swim Arthritis Water Aerobic	Lap Swim Open Swim Deep Water Aerobic	10-11am	Lap Swim Swim Lessons
11-11:45am	Lap Swim Open Swim	Deep Water Aerobics Lap Swim	Lap Swim Open Swim	Aqua Aerobics Lap Swim	Lap Swim Open Swim	11-12am	Lap Swim Swim Lessons
4-5pm 4:30-5:30p	Lap Swim Open Swim	Lap Swim Swim Lessons	Lap Swim Open Swim Step Aerobics	Lap Swim Swim Lessons	<i>Closed</i>	12-1pm	Lap Swim Open Swim
5-6pm	Lap Swim Open Swim	*Lap Swim Swim Lessons	Lap Swim Swim Lessons	Lap Swim Swim Lessons	<i>Closed</i>	1-2pm	Lap Swim Open Swim
6-7pm	Lap Swim Open Swim	Lap Swim Swim Lessons Deep Water Aerobic	Lap Swim Swim Lessons	Lap Swim Swim Lessons Deep Water Aerobics	<i>Closed</i>	<i>Closed</i>	<i>Closed</i>
6-6:45pm 6:15-7:15p	Yoga	Cycling			<i>Closed</i>		

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We encourage everyone to register in advance, however you may “walk-in” and if there are spots available we will be able to accommodate you.

How to Sign Up: Go to Howellschools.com/community -- Highlander Aquatic and Fitness Center -- Reserve your spot -- link -- Sign in or sign up or not a member make a booking. Or Call us at 517-540-8087 Or use the QR code at the bottom

	One Time or Drop in	8 Pack Session	10 Pack Session	Memberships
Lap Swim	\$5.00	---		\$40/month unlimited \$35/month senior
Open Swim	\$5.00	---	\$45	
Deep Water Aerobics	\$8.00	\$48		
Water Aerobics	\$8.00	\$48		
Deep and Water	\$8.00	\$48		
Swim Lessons	TBD			
Cycling	\$10	\$56		
Yoga	\$10	\$56		
Silver Sneakers	\$5.00 Day Pass			Basic=Free SS Plus=\$20 or \$30

Our Session packs never expire

Cancellation policy, if you pre-register and cancel 6 hours or more before there are no cancellation fees, within 6 hours you will be charged half the cost of the event you are scheduled for per person.

Silver Sneaker Packages include:

1. SS Basic Membership: Lap and open swim, splash aerobics
2. SS Plus membership: Lap, Open, splash, deep water, Arthritis, aqua aerobics
3. SS Plus membership: Lap, Open, Splash, All water and Land classes



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Event	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	6-11:45am 4-7pm	9am-11:45am 4-6:45pm	6-11:45am 4-6:45pm	9am-11:45am 4-6:45pm	6-11:45am	8am-2pm Times may change due to staff availability
Open Swim	6-7am 9-12pm 4-7pm	9-10am 11-12pm	6-7am 9-12pm	9-10am	6-8am 9-12pm	12-2pm Times may change due to staff availability
Water Aerobics	7:00-7:45am		7:00-7:45am	11-11:45am	8-8:45am	8-8:45am
Splash Aerobics (Silver Sneakers)	8-8:45am		8-8:45am			
Deep Water	10:00-10:45am	11-11:45am 6-6:45pm	10-10:45am	6-6:45pm	10-10:45am	
Swim Lessons		4:30-7:30pm	4:30-7:00pm	4:30-7:30pm		9am-12:15pm Times may change due to staff availability
Group Cycling	8:30-9:15am	6-6:45pm	8:30-9:15am		8:15-9:15am	9-9:45am every other
Yoga	6:15-7:15pm					9-9:45am every other
Step Aerobics			4:30-5:30pm			

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OPEN SWIM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	6:00-7:00am 9:00-12pm 4:00-7:00pm	9:00-10:00am 11:00-12:00pm	6:00-8:00am 9:00-10:00am 11:00-12:00pm Shallow only 10:00-11:00am	9:00-10:00am	6:00-8:00am 9:00-10:00am 11:00-12:00pm Shallow only 10:00-11:00am	12:00-2:00pm

LAP SWIM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	6:00a-11:45am 4:00-7:00pm	9:00-11:45am 4:00-6:45pm	6:00a-11:45am 4:00-6:45pm	9:00-11:45am 4:00-6:45pm	6:00a-11:45am	8:00a-2pm

FITNESS CLASS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00am Aqua Aerobics 8:00am Splash 8:30am Cycling 6:15pm Yoga	10:00am Arthritis 11:00 Deep Water 6:00pm Deep Water 6:00pm Cycling	7:00am Aqua Aerobic 8:00am Splash 8:30am Cycling 10:00am Deep Water 4:30pm Step Aerobics	10:00am Arthritis 11:00am Water Aerobics 6:00pm Deep Water	8:00am Water Aerobics 8:15am Cycling 10:00am Deep Water	8:00am Water Aerobics 9:00am Cycling or Yoga, (please check schedule)

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