

Winter 2024 Schedule



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

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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-11:45pm 4-7pm	6-11:45am 4-7pm (pre-registration required)	9am-11:45pm 4-7pm	6-11:45am	8am-2pm Times may change due to staff availability
Open Swim	6-8am 9-12pm 4-7pm	9-11am	6-8am 9-12pm	9-11am	6-8am 9-12pm	12-2pm Times may change due to staff availability
Water Aerobics				11-11:45am	8-8:45am	8-8:45am
Splash Aerobics (Silver Sneakers)	8-8:45am		8-8:45am			
Deep Water		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		8:30-9:15am	9-9:45am ?
Yoga	6:15-7:15pm					9-9:45am ?
Step Aerobics			4:30-5:30pm			

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OPEN SWIM SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED	6:00-8:00am 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 11:00-12:00pm	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-12:00pm 4:00-7:00pm	9:00-12:00pm 4:00-6:45pm	6:00a-12:00pm 4:00-6:45pm	9:00-12:00pm 4:00-6:45pm	6:00a-12:00pm	8:00a-2pm

FITNESS CLASS SCHEDULE

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