



LA FAMILIA RECREATION CENTER

SUMMER 2018, MAY 27- AUGUST 18

AQUA FITNESS SCHEDULE (ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL AND LOCAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR NEIGHBORHOOD LEVELS.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Deep Water Aerobics 9:15 - 10:15 a.m.		Deep Water Aerobics 9:15 - 10:15 a.m.		
	Water Walking 10:15 - 11:00 a.m.		Water Walking 10:15 - 11:15 a.m.		
Masters Swim 6:00 - 7:00 p.m.	Aqua Tone 6:00 - 7:00 p.m.	Masters Swim 6:00 - 7:00 p.m.	Aqua Tone 6:00 - 7:00 p.m.		

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	10:00 a.m. - 1:00 p.m. 7:00 - 8:00 p.m.	6:00 - 8:00 a.m. 12:00 - 1:00 p.m.	10:00 a.m. - 1:00 p.m. 7:00 - 8:00 p.m.	6:00 - 8:00 a.m. 12:00 - 1:00 p.m.	10:00 a.m. - 1:00 p.m. 6:00 - 7:00 p.m.	9:00 - 10:45 a.m.
Open Swim 2 Lap Lanes	1:00 - 4:45 p.m.	1:00 - 3:50 p.m. 7:00 - 8:00 p.m.	1:00 - 3:50 p.m.	1:00 - 3:50 p.m. 7:00 - 8:00 p.m.	1:00 - 3:50 p.m.	11:00 a.m. - 12:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 1 HOUR PRIOR TO CLOSING

Summer Season Information

Session I (06/03/18-06/30/18)

Session II (07/08/18-08/05/18)

Registration Begins: 05/08/18

Wednesday/Friday

4:00 - 4:30 p.m. • Preschool (ages 3 - 5) • Parent-Child (ages 6mos - 3)

4:30 - 5:00 p.m. • Level 1/2, 4 (ages 5 - 17)

Tuesday/Thursday

11:00 - 11:30 a.m. • Parent-Child (ages 6mos - 3) • Preschool (ages 3 - 5)

4:00 - 4:30 p.m. • Preschool (ages 3 - 5) • Level 1/2 (ages 3 - 5)

4:30 - 5:00 p.m. • Level 3 (ages 5 - 17) Preschool (ages 3-5)

Monday-Thursday

5:00 - 6:00 p.m. • Swim Team (ages 5 -17)

Fall Season Information

Session I (08/28/17-09/21/18)

Session II (10/02/18-10/26/18)

Session III (11/07/18-12/07/18)

Registration Begins: 07/31/18

Wednesday/Friday

5:00- 5:30 p.m. • Preschool (ages 3 - 5) • Parent-Child (ages 6mos - 3)

4:30 - 5:00 p.m. • Level 1/2, 4 (ages 5 - 17)

Tuesday/Thursday

11:00 - 11:30 a.m. • Parent-Child (ages 6mos - 3) • Preschool (ages 3 - 5)

4:30 - 5:00 p.m. • Preschool (ages 3 - 5) • Level 1(ages 5 - 17) • Level 2(ages 5-17)

5:00 - 5:30 p.m. • Level 3 (ages 5 - 17)

5:30 -6:00 p.m. • Level 4/5 (ages 5 - 17)

Tuesday & Thursday

5:00 - 6:00 p.m. • Fitness Swim (ages 5 -17)