



MONTBELLO RECREATION CENTER

SUMMER 2018, MAY 27 - AUGUST 18

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Water Walking 9:15 - 10:00 a.m.	Aqua Aerobics 6:30 - 7:30 p.m.	Water Walking 9:15 - 10:00 a.m.	Aqua Aerobics 6:30 - 7:30 p.m.	Water Walking 9:15 - 10:00 a.m.	

SWIM HOURS (OPEN • LAP • FAMILY) SAFETY BREAKS | MONDAY - FRIDAY 2:00 - 2:15 PM | SATURDAY AND SUNDAY 1:45 - 2:00 PM | *ADULT 18+ REQUIRED SilverSneakers® honored at this site

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	9:00 - 11:30 a.m.	6:00 - 8:45 a.m. 10:15 a.m. - 12:00 p.m. 6:15 - 7:30 p.m. (2 lanes)	6:00 - 9:45 a.m.	6:00 - 8:45 a.m. 10:15 a.m. - 12:00 p.m. 6:15 - 7:30 p.m. (2 lanes)	6:00 - 9:45 a.m.	6:00 - 8:45 a.m. 10:15 a.m. - 12:00 p.m.	9:00 - 11:30 a.m.
Open Swim	11:45 a.m. - 3:30 p.m.	12:15 - 4:00 p.m. 6:15 - 7:30 p.m. (2 lanes)	12:15 - 4:00 p.m.	12:15 - 4:00 p.m. 6:15 - 7:30 p.m. (2 lanes)	12:15 - 4:00 p.m.	12:15 - 5:00 p.m.	11:45 a.m. - 3:30 p.m.
*Family Swim			10:00 a.m. - 12:00 p.m. 6:30 p.m. - 7:30 p.m. (Activity pool only)		10:00 a.m. - 12:00 p.m. 6:30 p.m. - 7:30 p.m. (Activity pool only)		

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Summer Season Information
Session I (06/03/18-06/30/18)
Session II (07/08/18-08/04/18)

Registration Begins: 05/08/18

Monday/Wednesday

- 4:30 - 5:00 p.m. • Preschool (ages 3 - 5) • Level 1 (ages 5 - 17)
- 5:00 - 5:30 p.m. • Preschool (ages 3 - 5) • Level 2 (ages 5 - 17)
- 5:30 - 6:00 p.m. • Levels 1, 3, 4 (ages 5 - 17)

Tuesday/Thursday

- 5:00 - 5:30 p.m. • Preschool (ages 3 - 5) • Level 1 (ages 5 - 17)
- 5:30 - 6:00 p.m. • Preschool (ages 3 - 5) • Levels 1, 2 (ages 5 - 17)
- 6:00 - 6:30 p.m. • Parent-Child (ages 6mos - 3) • Level 2 (ages 5 - 17)

Monday - Thursday

- 4:30 - 5:30 p.m. • Swim Team (ages 5 - 18)

Saturday

- 10:00 - 10:30 a.m. • Preschool (ages 3 - 5) • Level 1 (ages 5 - 17)
- 10:30 - 11:00 a.m. • Preschool (ages 3 - 5) • Level 2 (ages 5 - 17)
- 11:00 a.m. - 11:30 a.m. • Levels 1, 2 (ages 5 - 17)

Fall Season Information

Session I (08/27/18-09/20/18)
Session II (10/01/18-10/25/18)
Session III (11/05/18-12/06/18)

Registration Begins: 07/31/18

Monday/Wednesday

- 10:15 - 10:45 a.m. • Adult Lessons (ages 15+)
- 5:00 - 5:30 p.m. • Level 1, 3 (ages 5 - 17)
- 5:30 - 6:00 p.m. • Level 1, 2 (ages 5 - 17)
- 6:00 - 6:30 p.m. • Preschool (ages 3 - 5) • Level 4 (ages 5 - 17)

Saturday

- 9:30 - 10:00 a.m. • Preschool (ages 3 - 5)
- 10:00 - 10:30 a.m. • Level 2 (ages 5 - 17)
- 10:30 - 11:00 a.m. • Level 1 (ages 5 - 17)

Tuesday/Thursday

- 9:00 - 9:30 a.m. • Parent-Child (ages 6mos - 3)
- 9:30 - 10:00 a.m. • Preschool (ages 3 - 5)
- 5:00 - 5:30 p.m. • Level 1 (ages 5 - 17)
- 5:00 - 6:00 p.m. • Fitness Swim (ages 5 - 17)
- 5:30 - 6:00 p.m. • Parent-Child (ages 6mos - 3)
- 6:00 - 6:30 p.m. • Preschool (ages 3 - 5) • Adult Lessons (ages 15+)