

MONTCLAIR 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
	Aqua Aerobics 8:30 - 9:30 a.m.	Deep Water Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	Deep Water Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	
		Aqua Yoga 10:00 - 11:00 a.m.		Aqua Yoga 10:00 - 11:00 a.m.	SilverSneakers® honored at this site	
	Aqua Aerobics 6:00 - 7:00 p.m.		Aqua Aerobics 6:00 - 7:00 p.m.	Aqua HIIT 5:30 - 6:30 p.m.		

SWIM HOURS (OPEN • LAP • ADULT)

Activity		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Pool 83°	Lap Swim	9:00 - 11:30 a.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 6:00 - 8:30 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 5:30 - 8:30 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 6:00 - 8:30 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00 p.m. 5:30 - 8:30 p.m.	6:00 - 8:15 a.m. 11:30 a.m. - 1:00p.m. 6:00 - 7:30 p.m.	9:00 - 11:30 a.m.
	Adult Swim		1:00 - 2:00 p.m.	1:00 - 2:00 p.m.	1:00 - 2:00 p.m.	1:00 - 2:00 p.m.	1:00 - 2:00 p.m.	
	Open Swim Lap Pool	11:30 a.m. - 3:30 p.m. <i>*with 3 lap lanes</i>	2:00 - 4:15 p.m.	2:00 - 4:15 p.m.	2:00 - 4:15 p.m.	2:00 - 4:15 p.m.	2:00 - 4:15 p.m. 6:00 - 7:30 p.m.	11:30 a.m. - 3:30 p.m. <i>*with 3 lap lanes</i>
Leisure Pool 87°	Open Swim Leisure Pool	9:00 a.m. - 3:30 p.m.	11:30 a.m. - 4:15 p.m. 6:00 - 8:30 p.m.	11:30 a.m. - 4:15 p.m. 5:30 - 8:30 p.m.	11:30 a.m. - 4:15 p.m. 6:00 - 8:30 p.m.	11:30 a.m. - 4:15 p.m. 5:30 - 8:30 p.m.	11:30 a.m. - 7:30 p.m..	9:00 a.m. - 3:30 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING

Summer Season Information

Session I (06/04/18 - 06/28/18)

Session II (07/09/18 - 08/02/18)

Swim Team: M/W/F (06/04/18 - 08/03/18)

9:45 - 11:00 a.m. ▪ (ages 5-17)

Fall Season Information

Session I (08/27/18 - 09/20/18)

Session II (10/01/18 - 10/24/18)

Session III (11/06/18 - 12/06/18)

Registration Begins: 07/31/18

Monday/Wednesday

10:00 - 10:30 a.m. ▪ Level 1 (ages 5 - 17) ▪ Preschool (ages 3 - 5)

10:30 - 11:00 a.m. ▪ Parent-Child (ages 6mos - 3) ▪ Preschool (ages 3 - 5)

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

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

Tuesday/Thursday

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

5:00 - 5:30 p.m. ▪ Level 3/4 (ages 5 - 17)

Monday/Wednesday

10:00 - 10:30 a.m. ▪ Preschool (ages 3 - 5)

10:30 - 11:00 a.m. ▪ Parent-Child (ages 6mos - 3) ▪ Preschool (ages 3 - 5)

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

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

Tuesday/Thursday

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