DENVER
PARKS & RECREATION

MONTBELLO RECREATION CENTER

SUMMER 2013, JUNE 2 - AUGUST 24

ACTIVITIES LISTED ARE INCLUDED WITH REGIONAL LEVEL PASSES/MEMBERSHIPS. ADDITIONAL FEES APPLY FOR LOCAL OR NEIGHBORHOOD LEVELS.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		SilverSneakers® Classic 9:30 - 10:30 a.m.	**Snack Program** 2:00 - 4:00 p.m.	**SilverSneakers® Classic** 9:30 - 10:30 a.m.		**Yoga Level I** 9:15 - 10:15 a.m.
	Snack Program 2:00 - 4:00 p.m.	*** VOA Luncheon** 11:00 a.m. - 1:00 p.m.	**Youth Yoga** 5:30 - 6:00 p.m.		**Snack Program** 2:00 - 4:00 p.m.	**ZUMBA®** 10:30 - 11:30 a.m.
	ZUMBA® 6:15 - 7:15 p.m	**Group Training** 6:30 - 7:30 p.m.	**Yoga Level I** 6:00 - 7:00 p.m.	*** VOA Luncheon** 11:00 a.m. - 1:00 p.m.		

SilverSneakers® honored at this site

* Additional fees may apply

My Denver youth activities schedule available on site

GYMNASIUM SCHEDULE (SUBJECT TO CHANGE WITHOUT NOTICE)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Open Gym 10:00 a.m. - 4:00 p.m.	**Open Gym** 6:00 a.m. - 5:30 p.m. 6:30 - 9:00 p.m.	**Open Gym** 6:00 a.m. - 5:00 p.m. 6:30 - 9:00 p.m.	**Open Gym** 6:00 a.m. - 5:30 p.m. 8:00 - 9:00 p.m.	**Open Gym** 6:00 a.m. - 5:00 p.m. 6:30 - 9:00 p.m.	**Open Gym** 6:00 a.m. - 6:30 p.m.	**Open Gym** 9:00 a.m. - 4:00 p.m.

HOURS OF OPERATION: MONDAY – THURSDAY (6:00 a.m. - 9:00 p.m.) | FRIDAY (6:00 a.m. - 8:00 p.m.) | SATURDAY (9:00 a.m. - 4:00 p.m.) | SUNDAY (10:00 a.m. - 4:00 p.m.)

MONTBELLO RECREATION CENTER, 15555 E. 53RD AVENUE, DENVER, CO 80239 | 720.865.0580 | DENVERGOV.ORG/RECREATION

Revised 07-24-13

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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
	SilverSneakers® Splash 9:15 – 10:00 a.m.		**SilverSneakers® Splash** 9:15 – 10:00 a.m.		**Aqua Aerobics** 9:15 - 10:00 a.m.	
	Aqua Aerobics 7:00 - 8:00 p.m.		**Aqua Aerobics** 7:00 - 8:00 p.m.			

SilverSneakers® honored at this site

SWIM HOURS (OPEN • LAP • ADULT • FAMILY)

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim	10:00 a.m. - 12:00 p.m.	6:00 - 8:15 a.m. 11:00 a.m. -12:00 p.m. 6:00 - 7:00 p.m.	6:00 - 8:15 a.m. 10:15 a.m. - 12:00 p.m. 7:00 - 8:00 p.m.	6:00 - 8:15 a.m. 11:00 a.m. - 12:00 p.m. 6:00 - 7:00 p.m.	6:00 - 8:15 a.m. 10:15 a.m. - 12:00 p.m. 7:00 - 8:00 p.m.	6:00 - 8:15 a.m. 10:15 a.m. - 12:00 p.m. 4:30 - 6:00 p.m.	10:00 a.m. - 12:00 p.m.
Adult Swim			10:15 a.m. - 12:00 p.m.		10:15 a.m. - 12:00 p.m.		
Open Swim	12:15 - 3:15 p.m.	12:15 - 3:45 p.m.	12:15 - 3:45 p.m.	12:15 - 3:45 p.m.	12:15 - 3:45 p.m.	12:15 - 3:45 p.m.	12:15 - 3:15 p.m.

SWIM LESSON SCHEDULE (REGISTRATION FEES APPLY)

Session I (06/03/13 - 06/27/13): Lottery Registration 05/28/13 (6:00 p.m.)
Session II (07/08/13 - 08/03/13): Lottery Registration: 07/01/13 (6:00 p.m.)

Monday/Wednesday
10:15 - 10:45 a.m. • Adult Lessons (ages 15+)
5:30 - 6:00 p.m. • Wave 2 , 3 and 4 (ages 5 - 17), Parent-Child (ages 6mo-3)
6:00 - 6:30 p.m. • Preschool (ages 3 - 5) • Wave 1 (ages 5 - 17)

Tuesday/Thursday
9:00 - 9:30 a.m. • Parent-Child (ages 6mos - 3) • Preschool (ages 3 - 5)
5:30 - 6:00 p.m. • Adult Lessons (ages 15+) • Wave 1 (ages 5 - 17)
6:00 - 6:30 p.m. • Preschool (ages 3 - 5) , Wave 2 (ages 5-17)