



LA FAMILIA RECREATION CENTER

FALL 2019 AUGUST 18 - NOVEMBER 23

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

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

SWIM HOURS (OPEN • LAP • ADULT)

SilverSneakers® honored at this site

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 - 9:00 a.m. 12:00 - 1:00 p.m.	10:00 a.m.- 1:00 p.m. 7:00 - 8:00 p.m.	6:00 - 9:00 a.m. 12:00 - 1:00 p.m.	10:00 a.m.- 1:00 p.m.	9:00 - 11:00 a.m.
Open Swim 2 Lap Lanes	1:00 - 5:45 p.m.	1:00 - 3:45 p.m. 7:00 - 8:00 p.m.	1:00 - 4:45 p.m.	1:00 - 3:45 p.m. 7:00 - 8:00 p.m.	1:00 - 4:45 p.m.	11:00 a.m. - 12:30 p.m.
♦ Swim Lessons		4:00 - 6:00 p.m.	5:00 - 6:00 p.m.	4:00 - 6:00 p.m.	5:00 - 6:00 p.m.	

FALL SWIM LESSON SCHEDULE (♦ REGISTRATION FEES APPLY)

POOL AREA SHUTS DOWN HOUR PRIOR TO CLOSING

Fall Season Information

Session I 08/26 - 09/20

Session II 09/30 - 10/25

Session III 11/04 - 12/04

No lessons week of Thanksgiving

Tuesday/Thursday

11:00 - 11:30 a.m. Parent Child

11:00 - 11:30 a.m. Preschool

4:00 - 4:30 p.m. Preschool

4:00 - 4:30 p.m. Level 1/2

4:30 - 5:00 p.m. Level 2/3

5:00 - 6:00 p.m. Fitness Swim

Wednesday/Friday

5:00 - 5:30 p.m. Parent Child

5:00 - 5:30 p.m. Preschool

5:30 - 6:00 p.m. Level 2/3

5:30 - 6:00 p.m. Level 4/5