



# MONTBELLO RECREATION CENTER

WINTER 2018 - 2019, NOVEMBER 25 - MARCH 16

**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
	<b>Water Walking</b> 9:15 - 10:00 a.m.	<b>Aqua Aerobics</b> 6:30 - 7:30 p.m.	<b>Water Walking</b> 9:15 - 10:00 a.m.	<b>Aqua Aerobics</b> 6:30 - 7:30 p.m.	<b>Water Walking</b> 9:15 - 10:00 a.m.	

**SWIM HOURS** (OPEN • LAP)

**SAFETY BREAKS | 1:45 - 2:00 PM SATURDAY AND SUNDAY**

SilverSneakers® honored at this site

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lap Swim</b>	9:00 - 11:30 a.m.	6:00 - 8:45 a.m. 11:00 a.m. - 1:00 p.m. 6:45 - 7:30 p.m.	6:00 - 8:45 a.m. 10:15 a.m. - 1:00 p.m.	6:00 - 8:45 a.m. 11:00 a.m. - 1:00 p.m. 6:45 - 7:30 p.m.	6:00 - 8:45 a.m. 10:15 a.m. - 1:00 p.m.	6:00 - 8:45 a.m. 10:15 a.m. - 1:00 p.m.	9:00 - 11:30 a.m.
<b>Open Swim</b>	11:45 a.m. - 3:30 p.m.	1:00 - 4:45 p.m.	1:00 - 4:45 p.m. 6:45 - 7:30 p.m. <i>(activity pool only)</i>	1:00 - 4:45 p.m.	1:00 - 4:45 p.m. 6:45 - 7:30 p.m. <i>(activity pool only)</i>	1:00 - 7:30 p.m.	11:45 a.m. - 3:30 p.m.

**SWIM LESSON SCHEDULE** (REGISTRATION FEES APPLY)

**POOL AREA SHUTS DOWN 30 MINUTES PRIOR TO CLOSING**

**Winter Season Information**

**Session I (01/06/19-02/02/19)**

**Session II (02/10/19-03/09/19)**

**Registration Begins: 11/06/18**

**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)

**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)
- 5:30 - 6:00 p.m. ▪ Level 2 (ages 5 - 17)
- 6:00 - 6:30 p.m. ▪ Preschool (ages 3 - 5)

**Spring Season Information**

**Session I (03/17/19 - 04/13/19)**

**Session II (04/21/19 - 05/18/19)**

**Registration Begins: 02/26/19**

**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)

**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+)