

MONTCLAIR RECREATION CENTER

FALL 2019, AUGUST 18 - NOVEMBER 23

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.	Masters 6:00 - 7:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	Masters 6:00 - 7:30 a.m.	Aqua Aerobics 8:30 - 9:30 a.m.	
	Aqua Aerobics 6:00 - 7:00 p.m.	Deep Water Aerobics 8:30 - 9:30 a.m.	Aqua Aerobics 6:00 - 7:00 p.m.	Deep Water 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
 ▲ Limited lap lane availability during class

SWIM HOURS (OPEN • LAP • ADULT)

Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Pool	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 <i>Two lanes in pool</i>	11:30 a.m. - 3:30 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.
Leisure Pool	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

Fall Season Information

Session I (08/26/19 - 09/19/19)
 Session II (09/30/19 - 10/24/19)
 Session III (11/04/19 - 12/05/19)

Registration Begins: 07/30/19

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)

Winter Season Information

Session I (01/06/20 - 01/30/20)
 Session II (02/10/20 - 03/05/20)

Registration Begins: 11/06/19

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)