

AQUATICS AT A GLANCE Changes in schedule will be posted

POOL ACTIVITIES

**MAY 1ST - JUNE 6TH
AUGUST 13TH - AUGUST 22ND**

JUNE 7TH - AUGUST 12TH

Recreational Swim Time

Anyone under the age of 7 **MUST** be accompanied by an actively participating adult in the water with them.

Monday-Friday Beach area opens at 8:00 a.m.
Lazy River, Slides, Diving Boards, Etc
Monday - Friday..... 10:00 a.m. - 7:15 p.m.
Saturday/Sunday... 12:00 p.m. - 3:45 p.m.

Mon-Thursday Lazy River, Slides, Diving Boards, beach area, etc. 12:00 - 7:15 p.m.
Friday 10:00 a.m. - 7:15 p.m.
Saturday/Sunday 12:00 p.m. - 3:45 p.m.

Lap Swim 16 years & up*

Minimum of two lanes open during lap swim times.

Monday - Friday 5:45 a.m.-7:15 p.m.
Saturday/Sunday... 12:00 p.m. - 3:45 p.m.

Monday - Friday 5:45 a.m.-7:15 p.m.
Saturday/ Sunday 12:00 p.m. - 3:45 p.m.

Water Walking

16 years & up*

Lap Pool

Monday - Friday .. 9:00 - 11:00 a.m.
Leisure Pool & Lazy River
Monday - Friday.... 5:45 a.m. - 10:00 a.m.

Monday - Friday 9:00 - 11:00 a.m.

Leisure Pool & Lazy River
Monday - Friday 5:45 - 10

Warm Water Lap lanes in the Leisure Pool:

Monday - Friday .. 5:45 - 8:00 a.m.
Water Fitness classes in the water from 8-10 a.m., and 11a.m. - Noon

Monday - Friday 5:45 - 8:00 a.m.
Saturday 11:00 a.m. - 5:30p.m.

Water Walking - Lazy River:

Monday-Friday 5:45 am - 10 am

Wellness Pool

Adults

Monday - Friday .. 5:45 a.m. - 7:15 p.m.
Saturday/Sunday... 12:00 p.m. - 3:45 p.m.

Monday - Friday 5:45 a.m. - 7:15 p.m.
Saturday/Sunday 12:00 - 3:45 p.m.

Families and Children

Monday - Friday .. 10:00 a.m. - 7:15 p.m.
Saturday/Sunday... 12:00 p.m. - 3:45 p.m.

Monday - Thursday..... 12:00 p.m. - 7:15 p.m.
Friday 10:00 a.m. - 7:15 p.m.
Saturday/Sunday 12:00 p.m. - 3:45 p.m.

Friday Family Fun Night

Community Activity Night - Discounted rates

Friday Evenings.. 4:00 - 7:15 p.m.

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WATER FITNESS CLASSES

DAY TIME

Aqua Aerobics
Splash Aerobics
Silver Sneakers Splash
Express Aerobics
The Deep
Twinges in the Hinges

Mon, Wed & Fri 8:00 a.m. - 9:00 a.m.
Mon, Wed & Fri 11:00 p.m. - 12:00 p.m.
Tue 11:00 p.m. - 11:45 p.m.
Wed 5:30 p.m. - 6:30 p.m.
Tue & Thur 8:00 a.m. - 9:00 a.m.
Tue, Thur & Fri..... 9:00 a.m. - 10:00 a.m.

SUMMER SWIM LESSONS

DAY

TIME

Management reserves the right to make changes and exceptions to these hours when necessary. See the General Rules & Policies on page 8.

Monday - Thursday (beginning in June) 9:30 - 11:45 a.m. - CRC
Tuesday & Thursday 5:15 - 7:00 p.m. - CRC

WELLNESS POOLS

Activities: Wellness, Relaxation, Therapy, Water Exercises. Please note: Individuals doing therapy will have priority in the 5' end. Pool toys are not allowed in this area.

Depth: 3'6"-5'

Average Temperature : 96°

Special Features: Hydro jets along the bench seating area.

THE COOL LAP POOL

Lap lanes are open for all CRC hours!

Activities: Lap swimming (a minimum of 2 lap lanes), recreation/ open swim, water aerobics, water walking, swim lessons, swim team practice, and special events including Friday Family Fun Nights.

Please note - Children under the age of 10 may be asked to take a swim test to demonstrate their ability to swim 25 yards continuously, and to be safe in water up to 13 feet.

Size: 25 yards (11 lanes) x 25 meters (8 lanes). Holds 404,436 gallons of water

Depth: 4' - 13': 32 laps = 1 mile Average Temperature : 82°

Rec Features: Drop slide (must be 48" tall to ride), wibit, slack line, two basketball hoops, two 1 meter diving boards, one 3 meter diving board

THE WARM LEISURE POOL

Activities: FUN! FUN! FUN! Swim lessons, water aerobics, water walking, resistance walking in the lazy river and special events! During classes, all water features will be turned off, and the leisure lap lanes will be closed.

Average Temperature : 87°

Depth: 0' - 2' in the zero-depth beach area. 3'6" in the lazy river and open areas. 3'6" - 5' in the leisure lap lanes.

Rec. Features: Large water playground for younger children complete with slides, dump and spray features in the beach area; three 50 foot lap lanes set aside for adult classes, lap swimming, water walking. Lazy river with vortex; accessibility ramp into the leisure pool area; two story winding slide that goes outside and finishes at a shallow run out area. (must be 42" tall to ride). Monday-Friday, lap lanes will be turned into volleyball or basketball for the afternoons.

Kayak Roll, Scuba and Paddleboard Times

Saturday and Sunday: 11 am- 12 pm

Reservations must be made by calling Liz or Melissa at 249.7705 or liz@montroserec.com or melissa@montroserec.com There is an \$5 charge per boat, tank or paddleboard. Please make sure that all your equipment has been cleaned prior to bringing to the pool area.