

Aquatic Activities



MELISSA LORDS
Aquatic Leader
970-249-7705 x 8574
melissa@montroserec.com



LIZ GRACESUN
Aquatic Activities Coordinator
970-249-7705 x 8575
liz@montroserec.com

Open hours in the Pools

Mon - Fri..... 5:45 a.m. – 7:15 pm.
Saturday..... 12:00 p.m. - 3:45 p.m.
Sunday..... 12:00 p.m. – 3:45 p.m.

Recreational Swim Times – Reservations Highly Recommended 10am-7:15 pm - [Click Here](#) to make a reservation.
Anyone under the age of 7 MUST be accompanied by an actively participating adult in the water with them.

Mon - Fri..... Beach area opens at 8:00 a.m. – 7:15 p.m.

Lazy River, Slides, Diving Boards, Etc

- Mon - Fri..... 10:00 a.m. – 7:15 p.m.
- Saturday..... 12:00 p.m. - 3:45 p.m.
- Sunday..... Closed

Friday Family Fun Night – Reservations Highly Recommended

Community Activity Night - Discounted Rates Fri Evenings..... 4:00 – 7:15 p.m.

Water Fitness classes

- Aqua Aerobics (Lap Pool)- Mon,Wed,Fri.....8:00 a.m. – 8:45 a.m.
- Aqua Aerobics (Leisure Pool)- Mon,Wed.....8:00 a.m. – 8:45 a.m.
- Splash Aerobics - Mon,Wed,Fri.....11:00 a.m. - 11:45 a.m.
- Express Aerobics - Wed.....5:30 p.m. - 6:15 p.m.
- The Deep - Tue & Thur8:00 a.m. – 8:45 a.m.
- Twinges in the Hinges - Tue,Thur,Fri...9:00 a.m. – 9:45 a.m.
- Silver Sneakers - Tue.....11:00 a.m. - 11:45 a.m.

Water Walking – No Reservation Required

Mon - Fri..... 6:00 - 10:00 a.m.

Lap Lanes: Reservations can be made through Rec Trac. Reservations are for 45 minutes in length. [Click Here](#) to make a reservation, in the location area scroll down to Zone 4- Pool Lap lane then search for the date you want to make your reservation

- Mon - Fri6:00 - 8:00 a.m....11 lanes by reservation
- Mon - Fri.....8:00 - 10:00 a.m...7 lanes by reservation
- Mon - Fri.....10:00 - 1:00 p.m...7 lanes drop in no reservation required
- Mon - Fri.....1:00 - 4:00 p.m....5 lanes drop in no reservation required
- Mon - Fri.....4:00 - 6:45 p.m.....2 lanes by reservation
- Sat.....12:00 - 3:45 p.m...4 lanes drop in no reservation required
- Sun.....12:00 - 3:45 p.m...4 lanes drop in no reservation required

Programs:

- Private and Semi-private lessons: (within the same household) [Click Here](#) to make a request.

Family Based Swim Lessons are coming!!! Tuesday and Thursday evenings - February 23-March 18. A family member 16 or over must accompany the child in the water. Instructors will make the lesson plans and will be in the water to help adults properly teach life saving swimming skills. Your child becomes Water Safe, and you have the knowledge to help your child outside the classroom setting - WIN/WIN. Call 249-7705 to register. Class sizes are very limited. Activity Numbers:

- Level 1 - 3101010 - Section 05
- Level 2 - 3101010 - Section 09
- Level 3 - 3101010 - Section 13
-

First Aid/CPR/AED

The purpose of this class is to help participants recognize and respond appropriately to cardiac, breathing, and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical care arrives. This revised course offers a new 2 year certification for both CPR and First Aid and is taught by a certified American Red Cross Instructor.

Contact Liz to set up the hands on portion of the class.

Use code 4203030-1 to register

Lifeguard Training - Learn all the skills to become a professional lifeguard, and join our team! Contact Liz or Melissa at 970-249-7705 to take the required swim test prior to registering.

Class Dates: Must be present for all classes.

Monday - March 8th - 5-7:30 pm

Saturday - March 13 - 9-12:30 pm

Sunday - March 14th - 1-5 pm

Monday - March 15th - 5-8 pm

Saturday - March 20th 9-12 pm.

Fee is \$105. 10 hours of additional online learning will be included. Two year American Red Cross Certifications for Lifeguarding, First Aid/CPR/AED will be awarded after successful completion of the class.