

# 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

Outdoor Pool and Field House Mondays-Saturdays 11am-4 pm. Reservations are highly recommended.

Open Swim Hours at the CRC are Expanding - beginning August 3rd - Open swim will be from 12-5 pm. Guests are asked to limit their visit to 2 hours if others are waiting.

Lap Swim Reservations - Reservations for lap lanes will continue Monday-Friday from 6 am-9 am, and again from 4-6 pm for 45 minute slots. Lap lanes from 10 am - 4 pm will be on a first come, first serve basis. Swimmers are asked to limit swimming times to 1 hour if others are waiting.

Water Aerobics Schedule:

- Monday - Friday 8 am - Lap Pool
- T,Th,Friday - 9 am - Leisure Pool (Twinges in the Hinges)
- M,Tu,W,Fri - 11 am - Leisure Pool (Splash and Silver Sneakers)

Private and Semi-Private Lessons:

Offered Monday-Friday. Please complete the request form on our website - [montroserec.com](http://montroserec.com) - Aquatics - Swim lessons.

American Red Cross Lifeguarding and First Aid/CPR/AED Course: To be announced

More details to follow. Please contact Liz or Melissa for more information @ 249-7705.