

AQUATICS AT A GLANCE

Changes in schedule will be posted online at www.montroserec.com

Open hours

Mon - Fri..... 6:00 a.m.- 1:00 p.m. and 4:00 p.m. - 6:45 p.m.

Saturday..... 12:00 p.m. - 3:45 p.m.

Sunday..... Closed

Recreational Swim Time

Children under 16 years old must be accompanied by someone over 16 years old. Anyone under the age of 7 MUST be accompanied by an actively participating adult in the water with them.

Lazy River, Slides, Diving Boards, Etc

Mon - Fri..... Beach area opens at 8:00 a.m. - 1:00 p.m. and 4:00 p.m. - 6:45 p.m.

Mon - Fri..... 10:00 a.m. - 1:00 p.m. and 4:00 p.m. - 6:45 p.m.

Saturday..... 12:00 p.m. - 3:45 p.m.

Sunday..... Closed

Friday Family Fun Night

Community Activity Night - Discounted Rates Fri Evenings..... 4:00 - 6:45 p.m.

Water Fitness classes

Aqua Aerobics - Mon,Wed,Fri.....8:00 a.m. - 9:00 a.m.

Splash Aerobics - Mon,Wed,Fri.....11:00 a.m. - 11:45 a.m.

Express Aerobics - Mon & Wed.....5:30 p.m. - 6:30 p.m.

The Deep - Tue & Thur8:00 a.m - 9:00 a.m.

Twinges in the Hinges - Tue,Thur,Fri...9:00 a.m - 10:00 a.m.

Silver Sneakers - Tue.....11:00 a.m. - 11:45 a.m.

Water Walking

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

Lap Lanes

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.....4:00 - 6:45 p.m....2 lanes by reservation

Sat.....12:00 - 3:45 p.m...5 lanes drop in no reservation required

Sun.....Closed

Programs:

- Private and Semi-private lessons: (within the same household) Request form found on montroserec.com/aquatics/swim lessons
- Lifeguard Class - Course # 4103016 - September 14-18th , 1-5 pm. Contact Liz or Melissa @ 249-7705 for more information.
- Recreational Swim Team - Course # 4118025 - Tuesdays and Thursdays 11:45-12:45. October 6 - November 12th
- Adult and Pediatric First Aid/CPR/AED - Course # 4203030 - Blended Learning 2 Year American Red Cross certification. Online learning, and hands on CPR portion by appointment.



NEED A JOB AND LIKE THE WATER, BECOME A LIFEGUARD!

CALL TO SET UP YOUR SWIM TEST
WITH LIZ OR MELISSA, 249-7705

Classes will be

Sept 14 & 15 from 1:00-3:30

16 from 12:00-5:00, 17 & 18 from 1:00-4:00