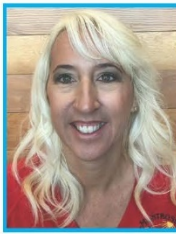


# Aquatic Activities



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Aquatic Activities Coordinator  
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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

**Stay tuned for upcoming programs coming in September, including a Fall Rec Swim Team, Lifeguard classes and First aid/CPR certification courses. Please check the website and facebook posts for current information.**

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