

Adult Lap Swim

Hensel Aquatic Center Only
 Monday - Friday
 6:00 a.m. - 8:00 a.m.
 12:00 p.m. - 1:00 p.m.



Lap Swim Cost

\$3.00 per session

Special Events

Youth Biathlon

Water Follies

Wednesday, July 14, 2010

Wednesday, August 18, 2010

Aqua Aerobics

“ Are you ready to accept the summer challenge?”
Ages: 18 & UP

Cool down, get fit and get energized with a low-impact water cardiovascular work-out. This aerobic body workout is a series of cross training, which includes water walking, shallow water running, abdominal, arms and legs workout. The workout is done to the resistance of water. To keep your body pumping, this program is done to upbeat Disco, Salsa, and Merengue Music.

Monday through Wednesday
From 6:00 p.m. - 7:00 p.m.

Session I 6/28 - 7/23 \$40.00 for 4 weeks
Session II 7/26 - 8/20 \$40.00 for 4 weeks

Jr. Lifeguard Program

Are you looking for a fun, yet challenging and valuable summer program for your son or daughter? The Junior Lifeguard Program is open to ages 10-15 with swimming abilities. The focus of the program is to give students an introduction to the basic skills of lifeguarding including CPR, first aid, rescue techniques, recognizing and responding to emergency situations, and the responsibility of lifeguarding. This class will prepare your child for American Red Cross lifeguard training. Participants receive a T-shirt and whistle. A pre-test will be given on the first day of class.



Monday through Wednesday
From 8:00 a.m. - 10:00 a.m.

Session I 6/28 - 7/23 \$58.00 for 4 weeks
Session II 7/26 - 8/20 \$58.00 for 4 weeks

IN COMPLIANCE WITH THE AMERICAN WITH DISABILITY ACT, IF YOU NEED SPECIAL ASSISTANCE TO PARTICIPATE IN OUR ACTIVITY, PLEASE CONTACT THE MONTEBELLO DEPARTMENT OF PARKS AND RECREATION OFFICE, (323) 887-4540. NOTIFICATION 48 HOURS PRIOR TO THE MEETING WILL ENABLE THE CITY AND ORGANIZATION TO MAKE ARRANGEMENTS TO ENSURE ACCESSIBILITY.
 (28CFR 35-102-35.104 ADA Title 11)
 (28 CFR 35-102-35.104 ADA TITLE 11)



Montebello Aquatic

SUMMER

2010 PROGRAM



George Hensel Aquatic Center

Free Swim on
Opening Day
Friday, June 25, 2010

1300 W. Olympic Boulevard
(323) 887-4580

Chet Holifield Pool

Opens Monday June 28, 2010
1060 S. Greenwood Avenue
(323) 887-4585



For more Information, call
(323) 887-4540
www.cityofmontebello.com

Swim Levels:

		Ages:
Class	Mommy & Me	1 - 3 years (30 min.)
Level I	Tiny Tots	2 - 7 years (40 min.)
Level II	Beginner	5 - 14 years (40 min.)
Level III	Advanced Beginner	5 - 14 years (40 min.)
Level IV	Swimmer	14 years + (40 min.)
Class	Beginner Water Polo	Intermediate swimmer
Class	Adult (Non-Swimmer)	18 +

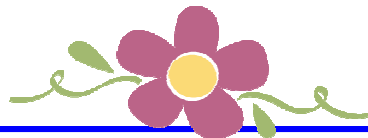
* Classes are offered for all abilities



Lesson Hours:

Morning Lessons	Evening Lessons
9:00 a.m. - 9:40 a.m.	4:30 p.m. - 5:10 p.m.
9:45 a.m. - 10:25 a.m.	5:15 p.m. - 5:55 p.m.
10:30 a.m. - 11:10 a.m.	6:00 p.m. - 6:40 p.m.
11:15 a.m. - 11:55 a.m.	

Cost:

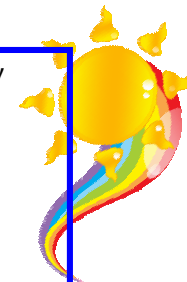


Youth - 1 to 17 yrs.	- \$32 (2 week session)
Adults -18 & older	- \$40 (2 week session)
Seniors - 55+	\$32 (2 week session)

\$5 off for each additional sibling
*Immediate Family Only

Registration:

Registration for each session will take place the Saturday prior to the session beginning at the
Parks & Recreation Office
 1700 W. Victoria Avenue
 7:00 a.m. - 1:00 p.m.
 *NO REGISTRATION WILL BE TAKEN AT THE AQUATIC CENTER
 Registration is based on a first come, first served basis.



Registration Dates:

Session I	June 26, 2010
Session II	July 10, 2010
Session III	July 24, 2010
Session IV	August 7, 2010
Session V	August 21, 2010



Summer Sessions:

Session I Monday, June 28th - Friday, July 9th
 Session II Monday, July 12th - Friday, July 23rd
 Session III Monday, July 26th - Friday, August 6th
 Session IV Monday, August 9th - Friday, August 20th
 Session V Monday, August 23rd - Friday, September 3rd

Recreational Swim Hours:



George Hensel Aquatic Center
 Monday - Saturday
 1:00 p.m. - 4:00 p.m.

Holifield Pool
 Monday - Saturday
 1:00 p.m. - 4:00 p.m.



Swim Cost:
 Youth - \$1.00
 Adult- \$3.00