



# City of El Monte

Parks, Recreation and Community Services Department

[www.elmonteca.gov](http://www.elmonteca.gov)



Activities • Programs • Services • Special Events



**COWAAA-  
BUNGAAAAA!**

**SUMMER** 2016



*Jump into Summer!*

**LIFEGUARD**

## City of El Monte

Parks, Recreation and Community Services Department

# NEW!

## Online Registration

The City has rolled out a new online registration system allowing you to register and pay for programs and memberships all from your computer, tablet or smart phone!

Once it has been released, you'll need to create an account to use it, but don't worry! With a couple clicks and a few taps of the keyboard, you'll be set up and ready to enjoy the convenience of online registration.

The new system has many great benefits and is extremely easy to use! Search for your favorite program by keyword, age, day, time, location and more! You may even discover a new program along the way. And if you find one that isn't open for registration just yet, you can save it to your Wish List and easily add it to your cart when it opens!

If you have any questions please contact the Parks and Recreation Office at (626) 580-2200 Community and Senior Services Office at (626) 580-2210 Aquatic Center (626) 580-2213.

## Brochure Key



-  Health & Wellness
-  New Activities
-  Nutritional Value
-  Online Registration Available

## Connect with Us

[www.elmonteca.gov](http://www.elmonteca.gov)

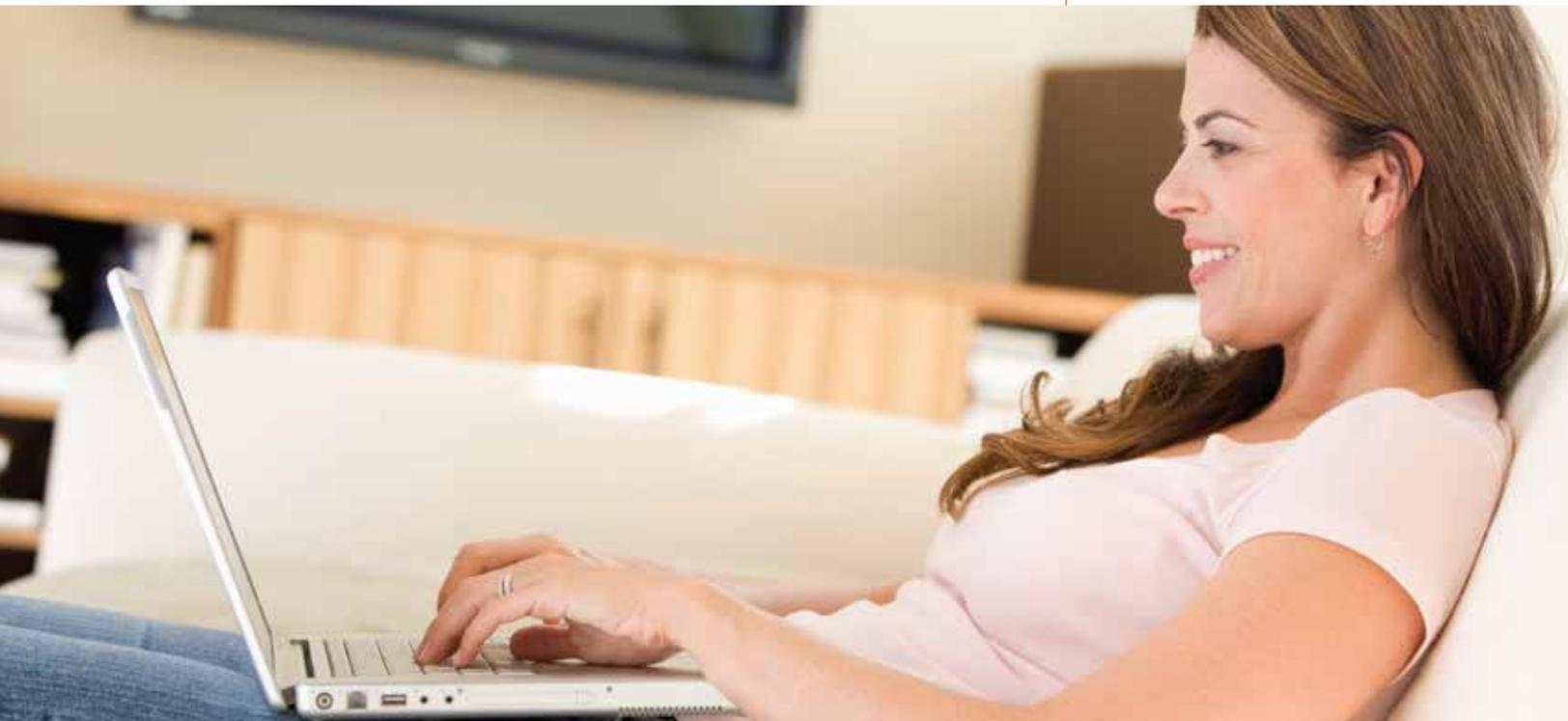
*Official Website*

[www.facebook.com/CityofElMonte](https://www.facebook.com/CityofElMonte)

*Official Facebook Page*



**#HealthyElMonte**



**Register Online Today at:**

[apm.activecommunities.com/elmonteparksandrec/Home](http://apm.activecommunities.com/elmonteparksandrec/Home)

# Aquatic Center Lessons

**Address:**  
El Monte Aquatic Center  
11001 Mildred Street  
El Monte, CA 91731

**Contact Information:**  
Phone: (626) 580-2213  
Fax: (626) 258-8668

**Office Hours:**  
M-TH 9:00 AM - 9:00 PM  
F 1:30 PM - 7:30 PM  
S 9:00 AM - 3:30 PM  
*(during swim lessons)*

## PARENT & ME - SESSION 1

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

| AGES  | DAY(S) | TIME              | DATES     | FEE  |
|-------|--------|-------------------|-----------|------|
| 6 mo+ | M-TH   | 12:00 PM-12:25 PM | 6/13-6/23 | \$50 |
| 6 mo+ | M-TH   | 6:00 PM-6:25 PM   | 6/13-6/23 | \$50 |
| 6 mo+ | S      | 11:00 AM-11:35 AM | 6/25-8/6  | \$50 |
| 6 mo+ | S      | 11:40 AM-12:15 PM | 6/25-8/6  | \$50 |

**NO CLASS** S 7/2

**NOTE** Parent must be in the water with child during lesson.

**LOCATION** Aquatic Center



## PRE-SCHOOL BEGINNER - SESSION 1

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 6/13-6/23 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 6/13-6/23 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 6/13-6/23 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 6/13-6/23 | \$50 |
| 4-5  | S      | 11:00 AM-11:35 AM | 6/25-8/6  | \$50 |
| 4-5  | S      | 11:40 AM-12:15 PM | 6/25-8/6  | \$50 |

**NO CLASS** S 7/2

**LOCATION** Aquatic Center

## PRE-SCHOOL INTERMEDIATE/ ADVANCED - SESSION 1

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 6/13-6/23 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 6/13-6/23 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 6/13-6/23 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 6/13-6/23 | \$50 |
| 4-5  | S      | 11:00 AM-11:35 AM | 6/25-8/6  | \$50 |
| 4-5  | S      | 11:40 AM-12:15 PM | 6/25-8/6  | \$50 |

**NO CLASS** S 7/2

**PRE-REQ** Must complete Pre-school Beginner & bring paddlers card prior to online registration.

**LOCATION** Aquatic Center

## BEGINNING SWIM - SESSION 1

Water adjustment and introduction to basic swimming technique.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 6+   | M-TH   | 9:00 AM-9:25 AM   | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 9:30 AM-9:55 AM   | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 10:00 AM-10:25 AM | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 10:30 AM-10:55 AM | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 11:00 AM-11:25 AM | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 11:30 AM-11:55 AM | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 4:30 PM-4:55 PM   | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 5:00 PM-5:25 PM   | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 5:30 PM-5:55 PM   | 6/13-6/23 | \$50 |
| 6+   | S      | 9:00 AM-9:35 AM   | 6/25-8/6  | \$50 |
| 6+   | S      | 9:40 AM-10:15 AM  | 6/25-8/6  | \$50 |
| 6+   | S      | 10:20 AM-10:55 AM | 6/25-8/6  | \$50 |

**NO CLASS** S 7/2

**NOTE** Four levels: A, B, C, D.

**LOCATION** Aquatic Center



## INTERMEDIATE/ ADVANCED - SESSION 1

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 6+   | M-TH   | 12:00 PM-12:25 PM | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 12:30 PM-12:55 PM | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 6:00 PM-6:25 PM   | 6/13-6/23 | \$50 |
| 6+   | M-TH   | 6:30 PM-6:55 PM   | 6/13-6/23 | \$50 |
| 6+   | S      | 11:00 AM-11:35 AM | 6/25-8/6  | \$50 |
| 6+   | S      | 11:40 AM-12:15 PM | 6/25-8/6  | \$50 |

**NO CLASS** S 7/2

**PRE-REQ** Must complete beginning swim & bring paddlers card prior to online registration. Three levels: E, F, G.

**LOCATION** Aquatic Center

## ADULT - SESSION 1

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 14+  | M-TH   | 12:30 PM-12:55 PM | 6/13-6/23 | \$50 |
| 14+  | M-TH   | 6:30 PM-6:55 PM   | 6/13-6/23 | \$50 |
| 14+  | S      | 11:00 AM-11:35 AM | 6/25-8/6  | \$50 |
| 14+  | S      | 11:40 AM-12:15 PM | 6/25-8/6  | \$50 |

**NO CLASS** S 7/2

**LOCATION** Aquatic Center



# Aquatic Center Lessons

## PARENT & ME - SESSION 2

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

| AGES  | DAY(S) | TIME              | DATES    | FEE  |
|-------|--------|-------------------|----------|------|
| 6 mo+ | M-TH   | 12:00 PM-12:25 PM | 6/27-7/8 | \$50 |
| 6 mo+ | M-TH   | 6:00 PM-6:25 PM   | 6/27-7/8 | \$50 |

**NO CLASS** M 7/4, Make up lesson on F 7/8

**NOTE** Parent must be in the water with child during lesson.

**LOCATION** Aquatic Center

## PRE-SCHOOL BEGINNER -SESSION 2

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 6/27-7/8 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 6/27-7/8 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 6/27-7/8 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 6/27-7/8 | \$50 |

**NO CLASS** M 7/4, Make up lesson on F 7/8

**LOCATION** Aquatic Center

## PRE-SCHOOL INTERMEDIATE/ADVANCED - SESSION 2

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 6/27-7/8 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 6/27-7/8 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 6/27-7/8 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 6/27-7/8 | \$50 |

**NO CLASS** M 7/4, Make up lesson on F 7/8

**PRE-REQ** Must complete Pre-school Beginner & bring paddlers card prior to online registration.

**LOCATION** Aquatic Center

## ADULT - SESSION 2

Gain basic aquatic skills and swimming strokes. Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 14+  | M-TH   | 12:30 PM-12:55 PM | 6/27-7/8 | \$50 |
| 14+  | M-TH   | 6:30 PM-6:55 PM   | 6/27-7/8 | \$50 |

**NO CLASS** M 7/4, Make up lesson on F 7/8

**LOCATION** Aquatic Center

## BEGINNING SWIM - SESSION 2

Water adjustment and introduction to basic swimming technique.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 6+   | M-TH   | 9:00 AM-9:25 AM   | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 9:30 AM-9:55 AM   | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 10:00 AM-10:25 AM | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 10:30 AM-10:55 AM | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 11:00 AM-11:25 AM | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 11:30 AM-11:55 AM | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 4:30 PM-4:55 PM   | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 5:00 PM-5:25 PM   | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 5:30 PM-5:55 PM   | 6/27-7/8 | \$50 |

**NO CLASS** M 7/4, Make up lesson on F 7/8

**NOTE** Four levels: A, B, C, D.

**LOCATION** Aquatic Center

## INTERMEDIATE/ADVANCED - SESSION 2

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 6+   | M-TH   | 12:00 PM-12:25 PM | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 12:30 PM-12:55 PM | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 6:00 PM-6:25 PM   | 6/27-7/8 | \$50 |
| 6+   | M-TH   | 6:30 PM-6:55 PM   | 6/27-7/8 | \$50 |

**NO CLASS** M 7/4, Make up lesson on F 7/8

**PRE-REQ** Must complete beginning swim & bring paddlers card prior to online registration. Three levels: E, F, G.

**LOCATION** Aquatic Center

### Online Registration

El Monte Residents Registration **May 16, 2016**

Open Registration **May 17, 2016**

Those who wish to enroll in any Pre-school Intermediate/Advanced or the Intermediate/Advanced class must bring their paddlers card in to the Aquatic Center in order to register online. However, these classes can be added to your wish list beginning May 16, 2016 for residents and May 17, 2016 for non-residents. Once your level is confirmed and input by our cashier, you may finish the registration process.

### Walk-in Registration May 23, 2016

#### Lesson Program Policies

- The El Monte Aquatic Center reserves the right to cancel any class that falls below the minimum required enrollment.
- Pool Closure: Occasionally the pool may have forced closures due to unexpected incidents, inclement weather or facility rentals.
- All students MUST show a registration card to enter the facility. A \$5 fee will be assessed for a replacement card.
- No Refunds, Exchanges, or Make-ups will be allowed.
- In the event of a medical emergency a refund may be considered by the Aquatics Coordinator with a 50% service charge per class per participant. If an exchange of class is requested and granted by the Aquatics Coordinator there will be a \$10 service charge per class per participant.
- Classes will stop admitting students 15 minutes after class has begun.
- Proper swimming attire must be worn.
- The El Monte Aquatic Center has a structured lesson program which complies with the American Red Cross guidelines.

# Aquatic Center Lessons

## PARENT & ME - SESSION 3

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

| AGES  | DAY(S) | TIME              | DATES     | FEE  |
|-------|--------|-------------------|-----------|------|
| 6 mo+ | M-TH   | 12:00 PM-12:25 PM | 7/11-7/21 | \$50 |
| 6 mo+ | M-TH   | 6:00 PM-6:25 PM   | 7/11-7/21 | \$50 |

**NOTE** Parent must be in the water with child during lesson.

**LOCATION** Aquatic Center

## PRE-SCHOOL BEGINNER - SESSION 3

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 7/11-7/21 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 7/11-7/21 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 7/11-7/21 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 7/11-7/21 | \$50 |

**LOCATION** Aquatic Center

## PRE-SCHOOL INTERMEDIATE/ ADVANCED - SESSION 3

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 7/11-7/21 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 7/11-7/21 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 7/11-7/21 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 7/11-7/21 | \$50 |

**PRE-REQ** Must complete Pre-school Beginner & bring paddlers card prior to online registration.

**LOCATION** Aquatic Center

## ADULT - SESSION 3

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 14+  | M-TH   | 12:30 PM-12:55 PM | 7/11-7/21 | \$50 |
| 14+  | M-TH   | 6:30 PM-6:55 PM   | 7/11-7/21 | \$50 |

**LOCATION** Aquatic Center

## BEGINNING SWIM - SESSION 3

Water adjustment and introduction to basic swimming technique.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 6+   | M-TH   | 9:00 AM-9:25 AM   | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 9:30 AM-9:55 AM   | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 10:00 AM-10:25 AM | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 10:30 AM-10:55 AM | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 11:00 AM-11:25 AM | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 11:30 AM-11:55 AM | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 4:30 PM-4:55 PM   | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 5:00 PM-5:25 PM   | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 5:30 PM-5:55 PM   | 7/11-7/21 | \$50 |

**NOTE** Four levels: A, B, C, D.

**LOCATION** Aquatic Center

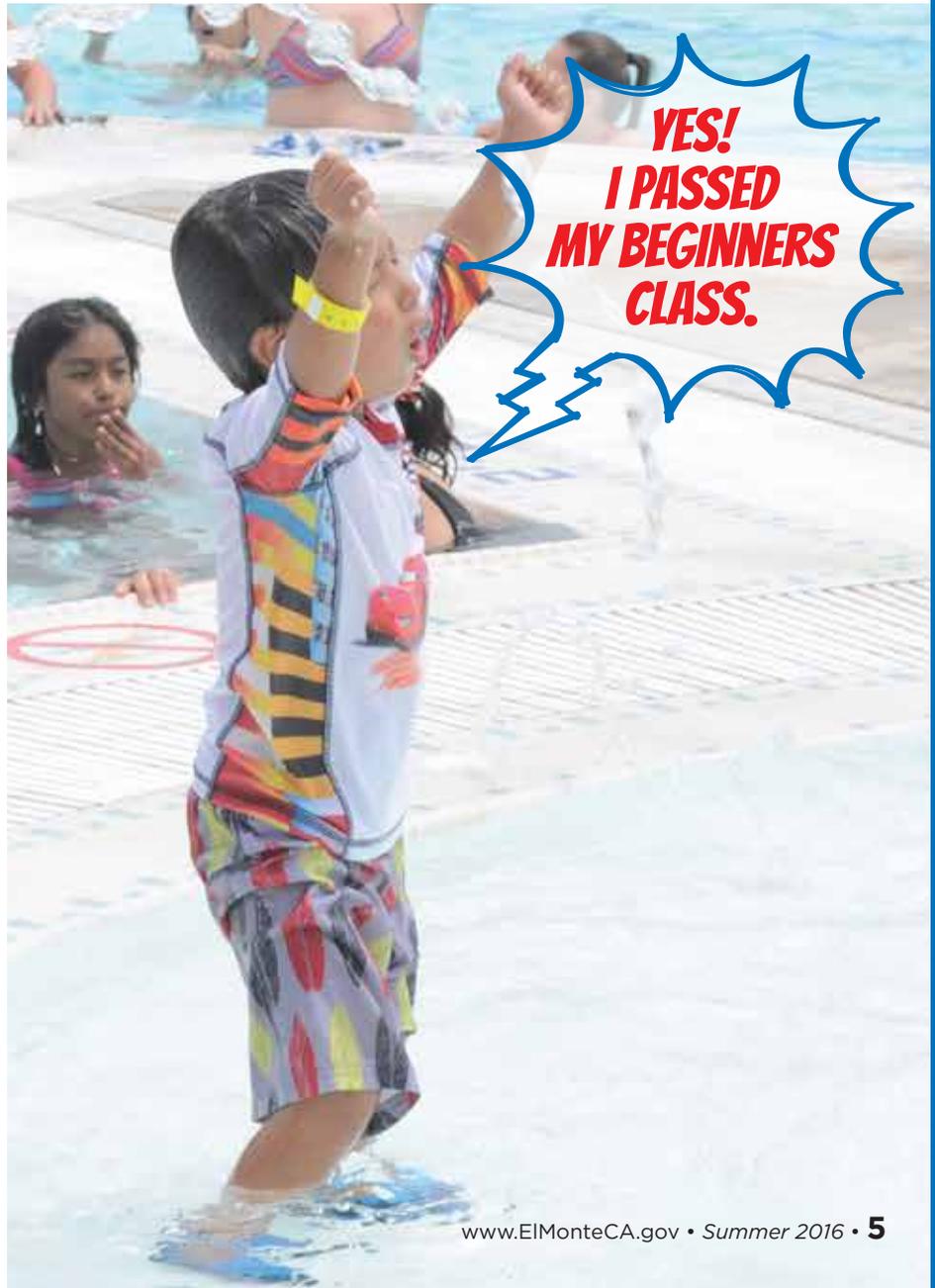
## INTERMEDIATE/ ADVANCED - SESSION 3

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 6+   | M-TH   | 12:00 PM-12:25 PM | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 12:30 PM-12:55 PM | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 6:00 PM-6:25 PM   | 7/11-7/21 | \$50 |
| 6+   | M-TH   | 6:30 PM-6:55 PM   | 7/11-7/21 | \$50 |

**PRE-REQ** Must complete beginning swim & bring paddlers card prior to online registration. Three levels: E, F, G.

**LOCATION** Aquatic Center



# Aquatic Center Lessons

## PARENT & ME - SESSION 4

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

| AGES  | DAY(S) | TIME              | DATES    | FEE  |
|-------|--------|-------------------|----------|------|
| 6 mo+ | M-TH   | 12:00 PM-12:25 PM | 7/25-8/4 | \$50 |
| 6 mo+ | M-TH   | 6:00 PM-6:25 PM   | 7/25-8/4 | \$50 |

**NOTE** Parent must be in the water with child during lesson.

**LOCATION** Aquatic Center

## PRE-SCHOOL BEGINNER - SESSION 4

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 7/25-8/4 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 7/25-8/4 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 7/25-8/4 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 7/25-8/4 | \$50 |

**LOCATION** Aquatic Center

## PRE-SCHOOL INTERMEDIATE/ADVANCED - SESSION 4

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 7/25-8/4 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 7/25-8/4 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 7/25-8/4 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 7/25-8/4 | \$50 |

**PRE-REQ** Must complete Pre-school Beginner & bring paddlers card prior to online registration.

**LOCATION** Aquatic Center

## ADULT - SESSION 4

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 14+  | M-TH   | 12:30 PM-12:55 PM | 7/25-8/4 | \$50 |
| 14+  | M-TH   | 6:30 PM-6:55 PM   | 7/25-8/4 | \$50 |

**LOCATION** Aquatic Center

## BEGINNING SWIM - SESSION 4

Water adjustment and introduction to basic swimming technique.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 6+   | M-TH   | 9:00 AM-9:25 AM   | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 9:30 AM-9:55 AM   | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 10:00 AM-10:25 AM | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 10:30 AM-10:55 AM | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 11:00 AM-11:25 AM | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 11:30 AM-11:55 AM | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 4:30 PM-4:55 PM   | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 5:00 PM-5:25 PM   | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 5:30 PM-5:55 PM   | 7/25-8/4 | \$50 |

**NOTE** Four levels: A, B, C, D.

**LOCATION** Aquatic Center

## INTERMEDIATE/ADVANCED - SESSION 4

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 6+   | M-TH   | 12:00 PM-12:25 PM | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 12:30 PM-12:55 PM | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 6:00 PM-6:25 PM   | 7/25-8/4 | \$50 |
| 6+   | M-TH   | 6:30 PM-6:55 PM   | 7/25-8/4 | \$50 |

**PRE-REQ** Must complete beginning swim & bring paddlers card prior to online registration. Three levels: E, F, G.

**LOCATION** Aquatic Center



# Aquatic Center Lessons

## PARENT & ME - SESSION 5

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

| AGES  | DAY(S) | TIME              | DATES    | FEE  |
|-------|--------|-------------------|----------|------|
| 6 mo+ | M-TH   | 12:00 PM-12:25 PM | 8/8-8/18 | \$50 |
| 6 mo+ | M-TH   | 6:00 PM-6:25 PM   | 8/8-8/18 | \$50 |

**NOTE** Parent must be in the water with child during lesson.

**LOCATION** Aquatic Center

## PRE-SCHOOL

### BEGINNER - SESSION 5

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 8/8-8/18 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 8/8-8/18 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 8/8-8/18 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 8/8-8/18 | \$50 |

**LOCATION** Aquatic Center

## PRE-SCHOOL INTERMEDIATE/ ADVANCED - SESSION 5

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 4-5  | M-TH   | 12:00 PM-12:25 PM | 8/8-8/18 | \$50 |
| 4-5  | M-TH   | 12:30 PM-12:55 PM | 8/8-8/18 | \$50 |
| 4-5  | M-TH   | 6:00 PM-6:25 PM   | 8/8-8/18 | \$50 |
| 4-5  | M-TH   | 6:30 PM-6:55 PM   | 8/8-8/18 | \$50 |

**PRE-REQ** Must complete Pre-school Beginner & bring paddlers card prior to online registration.

**LOCATION** Aquatic Center

## ADULT - SESSION 5

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 14+  | M-TH   | 12:30 PM-12:55 PM | 8/8-8/18 | \$50 |
| 14+  | M-TH   | 6:30 PM-6:55 PM   | 8/8-8/18 | \$50 |

**LOCATION** Aquatic Center

## BEGINNING SWIM - SESSION 5

Water adjustment and introduction to basic swimming technique.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 6+   | M-TH   | 9:00 AM-9:25 AM   | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 9:30 AM-9:55 AM   | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 10:00 AM-10:25 AM | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 10:30 AM-10:55 AM | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 11:00 AM-11:25 AM | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 11:30 AM-11:55 AM | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 4:30 PM-4:55 PM   | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 5:00 PM-5:25 PM   | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 5:30 PM-5:55 PM   | 8/8-8/18 | \$05 |

**NOTE** Four levels: A, B, C, D.

**LOCATION** Aquatic Center

## INTERMEDIATE/ ADVANCED - SESSION 5

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

| AGES | DAY(S) | TIME              | DATES    | FEE  |
|------|--------|-------------------|----------|------|
| 6+   | M-TH   | 12:00 PM-12:25 PM | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 12:30 PM-12:55 PM | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 6:00 PM-6:25 PM   | 8/8-8/18 | \$50 |
| 6+   | M-TH   | 6:30 PM-6:55 PM   | 8/8-8/18 | \$50 |

**PRE-REQ** Must complete beginning swim & bring paddlers card prior to online registration. Three levels: E, F, G.

**LOCATION** Aquatic Center



# Aquatic Center Programs

## ARROW DIVE CLUB

A USA Diving team that offers coaching and competition in one and three meter springboard diving for Novice, Junior Olympic and High School levels.

| AGES | DAY(S) | TIME              | DATES     | FEE    |
|------|--------|-------------------|-----------|--------|
| 5-18 | M-F    | 3:00 PM-7:00 PM   | 6/13-8/12 | Varies |
| 5-18 | S      | 10:00 AM-12:00 PM | 6/25-8/6  | Varies |

**NO CLASS** 7/2, 7/4

**NOTE** Fee depends on number of practices attended, inquire with Coach for pricing. Contact: [www.arrowdive.com](http://www.arrowdive.com)

**LOCATION** Aquatic Center

**INSTRUCTOR** Deliang Li

## ARROW DIVE CLUB LEARN TO DIVE LESSONS

A learn to dive program that offers coaching and competition in one and three meter Springboard diving.

| AGES | DAY(S) | TIME                               | DATES     | FEE              |
|------|--------|------------------------------------|-----------|------------------|
| 5-14 | M-TH   | 3:00 PM-3:40 PM<br>5:00 PM-5:40 PM | 6/13-8/12 | \$90/<br>session |

**NO CLASS** 7/4

**NOTE** Fee pays for 8 classes per session. Must be able to swim in deep water

**LOCATION** Aquatic Center

**INSTRUCTOR** Deliang Li

## EL MONTE SHARKS AQUATICS CLUB

A competitive USA swimming team offering instruction, training and physical fitness. Provides swimmers the opportunity to improve their athletic ability, build integrity, sportsmanship and dedication. Blue team practices M/W/F while the Gold team practices M-F. The Gold team additionally has a land workout prior to swim training on T/TH.

| AGES | DAY(S) | TIME            | DATES   | FEE        |
|------|--------|-----------------|---------|------------|
| 6+   | MWF    | 4:30 PM-5:45 PM | Ongoing | \$64 month |
|      | MWF    | 5:45 PM-7:15 PM | Ongoing | \$79 month |
| 6+   | TTH    | 4:30 PM-5:30 PM | Ongoing |            |
|      | TTH    | 5:30 PM-6:45 PM | Ongoing |            |

**NO CLASS** 7/4, 9/5-9/9

**NOTE** One time \$50 registration fee, per swimmer. A try-out is required for all new swimmers.

**LOCATION** Aquatic Center

**INSTRUCTOR** Jennifer Perera

## FAMILY NIGHT RECREATION SWIM

“Splash into Fun” during Family Night Recreation Swim. Swimming is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it’s also a good way to relax and spend time with your family.

| AGES | DAY(S) | TIME            | DATES    | FEE    |
|------|--------|-----------------|----------|--------|
| All  | TTH    | 7:30 PM-9:00 PM | 6/14-9/1 | Varies |

**NOTE** Fees: 17 & under \$1.50 / 18 & over \$2.50  
Discount Splash Pass: Adult 20 visits: \$40 /  
Child 20 visits: \$20

Parents must accompany all children ages 6 and under. No strollers, chairs, or outside food is permitted.

All patrons entering the pool area must pay a facility entry fee.

**LOCATION** Aquatic Center

## JUNIOR LIFEGUARD PROGRAM

Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite. The course also introduces participants to lifesaving skills, such as in-water rescues, use of a rescue tube, first aid, CPR and AED. Participants also have the opportunity to shadow lifeguards in rotation to obtain a sense of being on the job.

| AGES  | DAY(S) | TIME            | DATES     | FEE   |
|-------|--------|-----------------|-----------|-------|
| 10-15 | M-TH   | 2:00 PM-4:00 PM | 6/27-7/21 | \$175 |

**NO CLASS** 7/4

**PRE-REQ** Mandatory skills testing on 6/22 at 6:00 PM.  
\*Fee includes instruction, class materials, program, t-shirt, shorts, backpack, and field trips. Transportation and meal will be included in all field trips.

**LOCATION** Aquatic Center



# Aquatic Center Programs

## LAP SWIM - WEEKDAY

Tone your muscles and improve your cardiovascular fitness by participating in one of the best exercises available.

| AGES | DAY(S) | TIME             | DATES   | FEE    |
|------|--------|------------------|---------|--------|
| 14+  | M-TH   | 11:30 AM-1:00 PM | Ongoing | \$3.50 |
| 14+  | MW     | 7:15 PM-9:00 PM  | Ongoing | \$3.50 |
| 14+  | TTH    | 7:00 PM-9:00 PM  | Ongoing | \$3.50 |

**NO CLASS** 5/30, 7/4, 9/5-9/8

**NOTE** Discount pass available: 20 visits for \$55

**LOCATION** Aquatic Center

## LAP SWIM - WEEKEND

Tone your muscles and improve your cardiovascular fitness by participating in one of the best exercises available.

| AGES | DAY(S) | TIME             | DATES    | FEE    |
|------|--------|------------------|----------|--------|
| 14+  | S      | 9:00 AM-12:00 PM | 6/25-8/6 | \$3.50 |

**NO CLASS** 7/2

**NOTE** Discount pass available: 20 visits for \$55

**LOCATION** Aquatic Center

## MIDVALLEY WATER POLO - TRAVEL TEAM & SPLASHBALL PROGRAM

This program provides beginner, intermediate and advanced classes designed to develop kids into superior swimmers and water polo players by developing intelligence, technique, athleticism and an understanding of the game.

| AGES | DAY(S) | TIME            | DATES   | FEE    |
|------|--------|-----------------|---------|--------|
| 6-13 | M-TH   | 7:00 PM-9:00 PM | Ongoing | Varies |
| 6-13 | M-TH   | 7:00 PM-8:30 PM | Ongoing | Varies |

**NO CLASS** 5/30, 7/4, 9/5-9/8

**NOTE** Participants must be able to swim 25yds in deep water uninterrupted. Contact: [www.mvpolo.org](http://www.mvpolo.org)

**LOCATION** Aquatic Center

**INSTRUCTOR** Robert Zirovich

## RECREATION SWIM

"Splash into Fun" during Recreation Swim. Swimming is a great recreational activity for people of all ages. Recreational swimming can provide you with a low-impact workout and it's also a great way to relax and spend time with your family/friends.

| AGES | DAY(S) | TIME            | DATES     | FEE    |
|------|--------|-----------------|-----------|--------|
| All  | M-F    | 1:30 PM-3:30 PM | 6/13-8/26 | Varies |
|      | S      | 1:00 PM-3:30 PM | 6/18-8/27 | Varies |

**NO CLASS** 7/2, 7/4,

**NOTE** Fees: 17 & under \$1.50 / 18 & over \$2.50  
Discount Splash Pass: Adult 20 visits: \$40 / Child 20 visits: \$20

Parents must accompany all children ages 6 and under. No strollers, chairs, or outside food is permitted. All patrons entering the pool area must pay a facility entry fee.

**LOCATION** Aquatic Center

## SENIOR LAP SWIM & EXERCISE PROGRAM

This is a year round program that offers open recreation lap swimming and water exercise for our senior citizens.

| AGES | DAY(S) | TIME              | DATES   | FEE    |
|------|--------|-------------------|---------|--------|
| 50+  | M-TH   | 10:00 AM-11:30 AM | Ongoing | Varies |
| 50+  | TTH    | 7:00 PM-9:00 PM   | Ongoing | Varies |

**NO CLASS** 5/30, 7/4, 9/5-9/8

**NOTE** \$2.50 with El Monte Senior ID  
\$1.00 CDBG/HUD ELIGIBLE:

El Monte resident 62 years and older  
FREE with Healthways SilverSneaker membership  
Discount pass available: 15 visits for \$30

**LOCATION** Aquatic Center



*"My kids love it here. They grew up here, and they enjoy the programs. It feels like home to them. They are 4 and 5 now and joined when they were 6 months old."*

- Amy T.

# Aquatic Center Events



## THE WORLD'S LARGEST SWIMMING LESSON

The World's Largest Swimming Lesson was created to spread the message "Swimming saves lives!" The purpose of this event is to build awareness about the vital importance of teaching children how to swim to prevent drowning. Join us for a FREE lesson. Help us set a record and save a life!

| AGES | DAY(S) | TIME             | DATES | FEE  |
|------|--------|------------------|-------|------|
| 4+   | F      | 12:30 PM-1:00 PM | 6/24  | Free |

**NOTE** This is a free 30 minute lesson. All participating must complete the entire 30 minute lesson for it to count towards breaking the Guinness Book of World Records. Please arrive 15 minutes prior to lesson to enroll.

**LOCATION** Aquatic Center



## DIVE IN MOVIE "BOOK OF LIFE"

Come watch "Book of Life" while swimming under the stars and join Manolo on his journey through three fantastical worlds where he must face his greatest fears. This is a fun for the whole family event.

| AGES | DAY(S) | TIME             | DATES | FEE    |
|------|--------|------------------|-------|--------|
| All  | F      | 7:30 PM-10:00 PM | 6/24  | Varies |

**NOTE** Fee: \$4 pre-sale / \$5 at the door. No outside food will be permitted; beverages and snacks will be available for sale.

**LOCATION** Aquatic Center



## DIVE IN MOVIE "KUNG FU PANDA 3"

Come watch "Kung Fu Panda 3" and experience what happens when Po learns he must train a village of fun-loving, clumsy brethren to become the ultimate band of Kung Fu Pandas. This is a movie the whole family will enjoy.

| AGES | DAY(S) | TIME             | DATES | FEE    |
|------|--------|------------------|-------|--------|
| All  | F      | 7:30 PM-10:00 PM | 7/22  | Varies |

**NOTE** Fee: \$4 pre-sale / \$5 at the door. No outside food will be permitted; beverages and snacks will be available for sale.

**LOCATION** Aquatic Center



## DIVE IN MOVIE "MINIONS"

Come watch "Minions" and laugh your way around the pool as you follow the minions in their quest to find a new villain to serve. Join us for a fun filled movie both the kids and adults will love.

| AGES | DAY(S) | TIME             | DATES | FEE    |
|------|--------|------------------|-------|--------|
| All  | F      | 7:30 PM-10:00 PM | 8/19  | Varies |

**NOTE** Fee: \$4 pre-sale / \$5 at the door. No outside food will be permitted; beverages and snacks will be available for sale.

**LOCATION** Aquatic Center





**at the El Monte Aquatic Center**  
**11001 Mildred Street, El Monte, CA 91731**

**\$4 PRE-SALE TICKETS**  
**\$5 AT THE DOOR**

**For more information, please call (626) 580-2213.**

# Community & Senior Services Programs

**Address:**  
Jack Crippen Multipurpose  
Senior Center  
3120 N. Tyler Avenue  
El Monte, CA 91731

**Contact Information:**  
Phone: (626) 580-2210  
Fax: (626) 444-5056

**Office Hours:**  
Monday - Thursday  
8:00 AM - 5:30 PM

## BE WELL

This is a light exercise and weight management program designed specifically to help adults ages 60 and older improve their health and fitness through proper diet and exercise.

| AGES | DAY(S) | TIME             | DATES   | FEE  |
|------|--------|------------------|---------|------|
| 60+  | W      | 8:30 AM-10:30 AM | Ongoing | Free |

**NOTE** Wear comfortable clothing and appropriate shoes.

**LOCATION** Jack Crippen Multipurpose Senior Center Auditorium

## ELDERLY NUTRITION PROGRAM

Program is funded in part under the Older Americans Act.

| AGES | DAY(S) | TIME     | DATES   | FEE          |
|------|--------|----------|---------|--------------|
| 60+  | M-F    | 11:30 AM | Ongoing | \$2 donation |

**NOTE** Meals are served on a first come first served basis.

There is a suggested donation of \$2 per person.

**LOCATION** Jack Crippen Multipurpose Senior Center

## EL MONTE/SOUTH EL MONTE MEALS ON WHEELS

This program is offered to eligible homebound residents who may be unable, by reason of age, infirmity of other circumstance, to prepare an adequate meal for themselves.

| AGES | DAY(S) | DATES   | FEE |
|------|--------|---------|-----|
| 18+  | M-F    | Ongoing | \$5 |

**NO SERVICE DAYS** 7/4, 9/5

**NOTE** Please call (626) 443-1831 for more information.

**LOCATION** Jack Crippen Multipurpose Senior Center

## GOOD NEIGHBOR'S BINGO

El Monte offers the best Bingo games around! Join us for a fun time and an opportunity to win. Game prices and payouts vary; please call for more information.

| AGES | DAY(S) | TIME            | DATES   | FEE    |
|------|--------|-----------------|---------|--------|
| 18+  | M      | 9:00 AM-2:00 PM | Ongoing | Varies |
| 18+  | TH     | 5:00 PM-9:00 PM | Ongoing | Varies |

**LOCATION** Jack Crippen Multipurpose Senior Center Auditorium

## SENIOR GYM

The Jack Crippen Multipurpose Senior Gym is available to resident and non-resident participants at a nominal fee. The Senior Gym is now a Healthways Silver Sneaker Facility. Please inquire at the front desk or visit [www.silversneakers.com](http://www.silversneakers.com) for more information.

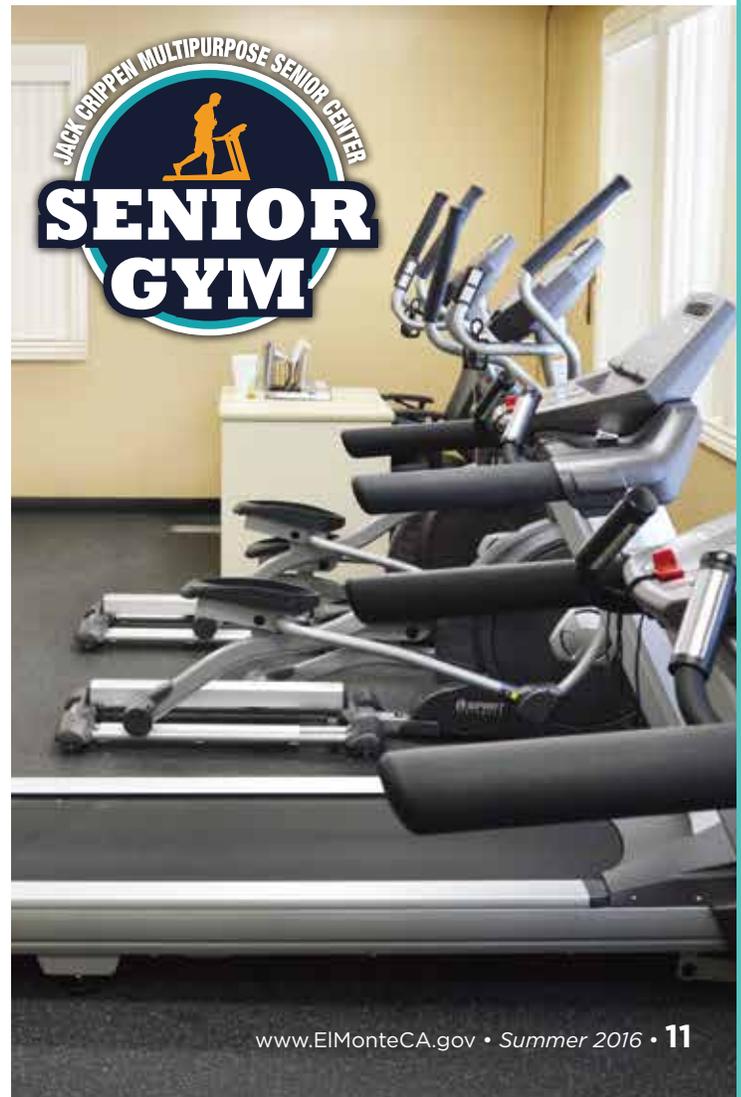
| AGES | DAY(S) | TIME            | DATES   | FEE    |
|------|--------|-----------------|---------|--------|
| 50+  | M-TH   | 9:00 AM-1:00 PM | Ongoing | Varies |
| 50+  | TTH    | 5:30 PM-7:30 PM | Ongoing | Varies |

**NO SERVICE DAYS** 7/4, 9/5

**NOTE** El Monte Resident: \$1 per visit or \$12 per month

Non Resident: \$2.50 per visit or \$25 per month

**LOCATION** Jack Crippen Multipurpose Senior Center



*"I like to play bingo at the Jack Crippen Senior Center because it makes me get out of the house and I get to talk to my friends. I still like to play bingo even after all these years."*

- Josie H.

# Community & Senior Services Events



## BLOOD PRESSURE CLINIC

Free blood pressure screenings are available for anyone, regardless of age, on a walk-in basis. A trained volunteer conducts the screenings and maintains records, allowing for the creation of a personalized history of each participant. If blood pressure is unusually high or low, the volunteer will screen for "normal" blood pressure of individual and make appropriate referrals for follow-up care.

| AGES | DAY(S) | TIME              | DATES                  | FEE  |
|------|--------|-------------------|------------------------|------|
| All  | W      | 10:00 AM-12:00 PM | 6/15, 7/20, 8/17, 9/21 | Free |

LOCATION Jack Crippen Multipurpose Senior Center



## SENIOR OF THE YEAR RECOGNITION LUNCHEON

The Presidents' Council and the Community & Senior Services Division have chosen Mr. Dan Goff as the 2016 "Senior of the Year" for his exceptional service to the community. Please join us as we honor Mr. Goff at a special luncheon and celebration with live entertainment.

| AGES | DAY(S) | TIME              | DATES | FEE    |
|------|--------|-------------------|-------|--------|
| All  | TH     | 10:00 AM-11:00 AM | 6/30  | Varies |

NOTE Fee for ages 60 years of age or older \$2 / Fee for general admission \$3  
Advanced reservations required, please contact (626) 580-2210 for more information.

LOCATION Jack Crippen Multipurpose Senior Center



## HEALTHY EL MONTE COORDINATING COUNCIL MEETING

The Healthy El Monte Coordinating Council aims to unify efforts that create a healthy environment for all community residents and improve the quality of life for those we serve. Residents are encouraged to join us and share their thoughts and ideas as we continue to promote healthier lifestyles within the City of El Monte.

| AGES | DAY(S) | TIME              | DATES      | FEE  |
|------|--------|-------------------|------------|------|
| All  | TH     | 10:00 AM-11:30 AM | 6/30, 9/22 | Free |

LOCATION Jack Crippen Multipurpose Senior Center



## BET TZEDEK LEGAL CLINIC

Bet Tzedek Legal Services provide free legal advice to individuals 60 years of age or older. Those seeking legal advice must live in Los Angeles County and priority will be given to those with low income.

| AGES | DAY(S) | TIME   | DATES    | FEE  |
|------|--------|--------|----------|------|
| 60+  | TH     | Varies | 7/7, 8/4 | Free |

LOCATION Jack Crippen Multipurpose Senior Center



## EMERGENCY PREPAREDNESS WORKSHOP

The El Monte Police Department will offer a free emergency preparedness workshop. Come and learn how to be better prepared for emergencies by developing an emergency plan and emergency kit.

| AGES | DAY(S) | TIME              | DATES | FEE  |
|------|--------|-------------------|-------|------|
| 50+  | TH     | 10:00 AM-11:00 AM | 8/18  | Free |

LOCATION Jack Crippen Multipurpose Senior Center



## TZU CHI MEDICAL FOUNDATION DENTAL CLINIC

Tzu Chi Medical Foundation offers free Dental Clinic consultations to uninsured participants.

| AGES | DAY(S) | TIME             | DATES | FEE  |
|------|--------|------------------|-------|------|
| 18+  | TH     | 8:00 AM-12:00 PM | 8/18  | Free |

NOTE Please call the Jack Crippen Multipurpose Senior Center at (626) 580-2210 to schedule an appointment.

LOCATION Jack Crippen Multipurpose Senior Center



## SENIOR SUMMER BBQ

The City of El Monte, Community & Senior Services Division will celebrate its Annual Senior BBQ at the Jack Crippen Multipurpose Senior Center. A delicious meal and live entertainment will be provided.

| AGES | DAY(S) | TIME             | DATES | FEE |
|------|--------|------------------|-------|-----|
| 50+  | TH     | 11:00 AM-2:00 PM | 9/1   | \$5 |

NOTE Please call (626) 580-2210 for more information.

LOCATION Jack Crippen Multipurpose Senior Center



## COOLING CENTER

Are you looking for a cool place to relax and beat the heat? The Jack Crippen Multipurpose Senior Center serves as a cooling center on days in which the temperature reaches 100 degrees or higher.

| AGES | DAY(S) | TIME             | DATES | FEE  |
|------|--------|------------------|-------|------|
| 50+  | TBD    | 10:00 AM-5:00 PM | TBD   | Free |

NOTE Please call (626) 580-2210 for more information.

LOCATION Jack Crippen Multipurpose Senior Center



# Leisure Classes

## CHAIR YOGA FOR SENIOR WELLNESS

If you're intimidated by the idea of taking a yoga class, worry no more. Try this gentle style of yoga that's performed mostly from a seated position. Participants are guided by slow and methodical instruction of basic chair yoga. The practice includes learning diaphragmatic breathing and physical movement through all major joints of the body.

| AGES | DAY(S) | TIME              | DATES     | FEE  |
|------|--------|-------------------|-----------|------|
| 50+  | W      | 11:00 AM-12:00 PM | 5/18-7/6  | \$40 |
| 50+  | W      | 11:00 AM-12:00 PM | 7/13-8/31 | \$40 |

**NOTE** Registration accepted at the Aquatic Center. Class meets once per week.

**LOCATION** Aquatic Center, Room A  
**INSTRUCTOR** Sonya Perry

## GROUP FITNESS & EXERCISE

This program offers a variety of Aerobic formats including Fat Burner, Step, Kickboxing, Zumba, Pilates and Yoga to keep it challenging and motivating. Total body workouts are driven by upbeat music, foot stomping movements and weights. All formats are modified for all fitness levels.

| AGES | DAY(S) | TIME            | DATES   | FEE    |
|------|--------|-----------------|---------|--------|
| 14+  | MW     | 6:00 PM-7:00 PM | Ongoing | Varies |

**NO CLASS** 5/30, 7/4, 9/5

**NOTE** Registration accepted at the Aquatic Center. Athletic shoes are required  
1 visit: \$5 / 10 visits: \$45 /  
15 visits: \$60 / 25 visits: \$100

**LOCATION** Aquatic Center, Room A  
**INSTRUCTOR** Felicia Perez

## GYMNASTICS - BEGINNERS

Children are introduced to acrobatic moves on gym mats, balance beams, uneven bars, spring boards and floor techniques, while simultaneously incorporating the five components of physical fitness.

| AGES | DAY(S) | TIME            | DATES    | FEE  |
|------|--------|-----------------|----------|------|
| 5-18 | MW     | 4:30 PM-5:30 PM | 6/1-6/22 | \$42 |
| 5-18 | MW     | 4:30 PM-5:30 PM | 7/6-7/27 | \$42 |
| 5-18 | MW     | 4:30 PM-5:30 PM | 8/1-8/22 | \$42 |
| 5-18 | MW     | 4:30 PM-5:30 PM | 9/7-9/28 | \$42 |

**NO CLASS** 6/27, 6/29, 7/4, 8/24, 8/29, 8/31, 9/5  
**NOTE** This class requires monthly registration; seven classes per month.

**LOCATION** Lambert Park  
**INSTRUCTOR** Felicia Perez

## GYMNASTICS - INTERMEDIATE/ADVANCED

This gymnastics class follows the United States Gymnastics Federation advance level floor exercises, bars, beam, uneven bars, vault and power incline trampoline while simultaneously incorporating the five components of physical fitness.

| AGES | DAY(S) | TIME            | DATES    | FEE  |
|------|--------|-----------------|----------|------|
| 5-18 | MW     | 4:00 PM-5:30 PM | 6/1-6/22 | \$55 |
| 5-18 | MW     | 4:00 PM-5:30 PM | 7/6-7/27 | \$55 |
| 5-18 | MW     | 4:00 PM-5:30 PM | 8/1-8/22 | \$55 |
| 5-18 | MW     | 4:00 PM-5:30 PM | 9/7-9/28 | \$55 |

**NO CLASS** 6/27, 6/29, 7/4, 8/24, 8/29, 8/31, 9/5  
**NOTE** This class requires monthly registration; seven classes per month.

**LOCATION** Lambert Park  
**INSTRUCTOR** Felicia Perez

## HEALTHY EL MONTE FAMILY FITNESS SESSION WITH POWER

The Family Fitness Sessions with POWER offer families the opportunity to exercise together outdoors.

| AGES | DAY(S) | TIME    | DATES              | FEE  |
|------|--------|---------|--------------------|------|
| All  | S      | 8:00 AM | 6/4, 7/2, 8/6, 9/3 | Free |

**NOTE** Wear comfortable clothing and appropriate shoes.  
**LOCATION** Arceo Park  
**INSTRUCTOR** Beastin' Beauties

## TINY TOTS

This enrichment program is designed to prepare your child for kindergarten by introducing shapes, colors, numbers, and the alphabet. It's a great opportunity for "little ones" to learn to socialize and share with others in a group setting.

| AGES | DAY(S) | TIME             | DATES      | FEE   |
|------|--------|------------------|------------|-------|
| 3-5  | M-TH   | 9:30 AM-12:00 PM | 8/29-10/20 | \$170 |
| 3-5  | MW     | 9:30 AM-12:00 PM | 8/29-10/20 | \$90  |
| 3-5  | TTH    | 9:30 AM-12:00 PM | 8/29-10/20 | \$90  |

**NO CLASS** 5/30, 7/4, 9/5  
**LOCATION** Lambert Park  
**INSTRUCTOR** Florence Salmon

## WATER FITNESS & EXERCISE

This program offers a total body workout consisting of cardio and strength training while minimizing impact on your joints and muscles. Formats include Aqua Fat Burner, Aqua Kickboxing, Aqua Zumba, and many more. All formats are modified for all fitness levels. Water equipment is provided.

| AGES | DAY(S) | TIME            | DATES   | FEE    |
|------|--------|-----------------|---------|--------|
| 14+  | MW     | 7:15 PM-8:15 PM | Ongoing | Varies |
| 14+  | F      | 6:00 PM-7:00 PM | Ongoing | Varies |

**NO CLASS** 5/30, 7/4, 9/5

**NOTE** Registration accepted at the Aquatic Center.  
1 visit: \$5 / 10 visits: \$45 / 15 visits: \$60 / 25 visits: \$100  
Swim wear required. \*Height Requirement

**LOCATION** Aquatic Center  
**INSTRUCTOR** Felicia Perez



# Parks & Recreation Programs



**Address:**  
Community Center  
3130 N. Tyler Avenue  
El Monte, CA 91731



**Contact Information:**  
Phone: (626) 580-2200  
Fax: (626) 580-2237



**Office Hours:**  
Monday - Thursday  
8:00 AM - 5:30 PM

## 5 WEEK SUMMER PROGRAM

Join us at our city parks for summer activities which include: arts and crafts, sports, games, field trips and a free lunch program.

| AGES | DAY(S) | TIME             | DATES     | FEE  |
|------|--------|------------------|-----------|------|
| All  | M-F    | 12:00 PM-5:00 PM | 6/20-7/22 | Free |

**NOTE** Field trips have varied fees. Limited sign ups.

**LOCATION** Tony Arceo Park, Gibson Mariposa Park, Lambert Park, Mt. View Park and Zamora Park.

## ADULT SPORTS BASKETBALL

Designed to provide and promote well-being through recreational and social activities. All leagues include officiating, scorekeeping, stats and awards for the top finishing teams.

| AGES          | DAY(S) | TIME    | DATES     | TEAM FEE |
|---------------|--------|---------|-----------|----------|
| 40+           | T      | 6:30 PM | 7/19-9/27 | \$425*   |
| 18+           | TH     | 7:00 PM | 6/2-8/18  | \$425*   |
| 6' 1" & Under | F      | 7:00 PM | 6/24-9/9  | \$425*   |

**NOTE** Register at the Parks and Recreation Office.

Referee fee: \$27 per game payable to the referee prior to beginning of game.

Game times vary dependent upon the number of registered teams.

\*Fees increase to \$475 if not paid by the second week of league.

**LOCATION** Lambert Park

## ADULT SPORTS SOFTBALL

Designed to provide and promote well-being through recreational and social activities. All leagues include an umpire, scorekeeping, stats and awards for the top finishing teams.

| DIVISIONS | DAY(S) | TIME               | DATES     | TEAM FEE |
|-----------|--------|--------------------|-----------|----------|
| Co-Ed     | W      | 6:45 PM or 7:00 PM | 6/22-9/6  | \$450*   |
| Mens      | F      | 6:45 PM or 7:00 PM | 7/8-9/9   | \$450*   |
| Mens      | SU     | 9:00 AM            | 6/12-8/28 | \$450*   |

**NOTE** Register at the Parks and Recreation Office.

Umpire fee: \$14 per game payable to the umpire prior to beginning of game.

Co-Ed teams: 4 females are required to play.

The home team is responsible for providing a playable reserve ball.

Game times vary dependent upon the number of registered teams.

\*Fees increase to \$500 if not paid by the second week of league.

**LOCATION** Mt. View Park



**THE SUMMER FOOD PROGRAM IS NUTRITIOUS AND DELICIOUS!**

# Parks & Recreation Programs

## JR. RECREATION LEADER VOLUNTEER PROGRAM **NEW**

Designed to provide mentorship and leadership training to El Monte teens grades 7- 12. This program promotes leadership development, teamwork, professionalism and self-confidence. The Junior Recreation Leaders will work side-by-side with recreation staff and will be involved in community events while earning community service credit and on the job training. Teens will also participate in fun interactive activities throughout the year.

| Grades   | MONTHLY MEETING DAY(S) | TIME            | DATES     | FEE  |
|----------|------------------------|-----------------|-----------|------|
| 7th-12th | 3rd Thursday           | 5:30 PM-7:30 PM | 9/15-8/17 | \$50 |

**NOTE** Participants are required to complete a minimum of 15 volunteer hours per month, including the monthly meetings. Meetings are held the 3rd Thursday of the month. Registration for the Fall session will begin September of 2016. For more information regarding this program, please contact Veronica Meza at (626) 580-2200.

**LOCATION** Meetings will be held at the El Monte Community Center

## PEE WEE CHEERLEADERS

Designed to teach participants the basic fundamentals of cheerleading, responsibility, and self-confidence. The participants will enjoy building friendships, involvement in community events, participating in parades, cheer clinics, slumber parties, field trips, fundraisers, and competing in the Annual Pee Wee Cheerleaders' Jamboree.

| GRADES  | DAY(S) | TIME   | DATES   |
|---------|--------|--------|---------|
| 3rd-5th | Varies | Varies | 9/8-6/1 |

**NOTE** Registration begins in September at your local park. The program runs September-June.

**LOCATION** Gibson Mariposa, Lambert, Mt. View and Zamora Parks

## SUMMER FOOD SERVICE PROGRAM

Join us for a FREE nutritious meal for children and teens 18 years and under. The Summer Food Service Program ensures that children and teens continue to receive nutritious meals when school is not in session.

| AGES       | DAY(S) | TIME   | DATES     | FEE  |
|------------|--------|--------|-----------|------|
| 18 & under | M-F    | Varies | 6/20-7/22 | Free |

**NO SERVICE DAYS** 7/4

**NOTE** Arceo Park: 12:45 PM-1:45 PM  
 Gibson Mariposa Park: 12:30 PM-1:30 PM  
 Lambert Park: 12:30 PM-1:30 PM  
 Mt. View Park: 12:00 PM-1:00 PM  
 Zamora Park: 12:30 PM-1:30 PM

## YOUTH SPORTS CLUB CO-ED INDOOR SOCCER **NEW**

The Sports Clubs Program is designed to introduce participants to an organized practice and tournament game setting while teaching the fundamentals of the sport. Program provides team t-shirt and transportation to and from games. Tournament schedule to follow.

| GRADES  | DAY(S) | TIME   | DATES     | FEE  |
|---------|--------|--------|-----------|------|
| 5th-6th | MT     | Varies | 6/28-7/19 | \$15 |

**NOTE** Register at your local park: Gibson Mariposa Park, Lambert Park, Mt. View Park and Zamora Park. Open to boys and girls that are incoming 5th & 6th graders. Practices will be held on Mondays and games are played on Tuesdays.

**LOCATION** Lambert Park

*“El Monte’s Pee Wee Cheer program not only teaches our girls to shine by building their confidence and reminding them of the greatness they have in them, but also shows the girls what hard work, teamwork and dedication can accomplish.”*

- Frances C.



# Parks & Recreation Events



## 4TH OF JULY POSTER CONTEST

Designed to provide an opportunity for children to express their creativity. Children will have the opportunity to draw a free hand picture corresponding to the theme, "How I Celebrate the 4th of July".

| AGES | DAY(S) | DATES | FEE  |
|------|--------|-------|------|
| 7-15 | T      | 6/28  | Free |

**NOTE** All posters are due to your local park by 6/28. Awards will be given at participating sites on 6/29. Materials used may include: colored pencils, crayons, markers, chalk pastels, paint, pen and ink etc. Entry may not be larger than 18"x18".

**LOCATION** Arceo Park, Gibson Mariposa Park, Lambert Park, Mt. View Park and Zamora Park.



## CHALK IT UP TO A HEALTHY EL MONTE! SIDEWALK ART CONTEST

Join the Fun! Participants are given 1-hour and a set of chalk to create a masterpiece showing how they stay healthy in our parks.

| AGES | DAY(S) | TIME            | DATES | FEE |
|------|--------|-----------------|-------|-----|
| 7-17 | W      | 3:00 PM-6:45 PM | 7/20  | \$5 |

**NOTE** A trophy and sidewalk chalk kit will be given to the following winning categories: Most Original, Most Creative, Best Design, Most Colorful and Best of Show. First Place winners will also receive a gift card. Limited sign ups at Arceo Park, Gibson Mariposa Park, Lambert Park, Mt. View Park, and Zamora Park. Walk-ins accepted at 3:45 pm.

**LOCATION** Arceo Park

\*Artwork of participants



**CHALK IT UP IS AWESOME!**



# Upcoming Events



## MEMORIAL DAY CEREMONY

The City of El Monte encourages all community members to attend a Memorial Day Ceremony to honor the men and women who have served our country and made the ultimate sacrifice in order to protect our freedom. The ceremony will include a tribute to POWs and MIAs, the presentation of a Memorial Day wreath, a 21-Gun Salute and a performance of "Taps."

**DATE** Monday, May 30, 2016

**TIME** 9:00 AM

**LOCATION** Tony Arceo Park, 3125 N. Tyler Avenue

*Free!*



## VIVA SGV! OPEN STREETS

Join your neighbors and friends in the cities of El Monte and South El Monte to walk, bike, skate, run and dance at the first ever open streets event in El Monte! This family friendly event will include live entertainment, food trucks, art workshops and various activities throughout the route including: Zumba, obstacle courses, bicycle safety workshops, kids' bike rodeo and more! Please visit [www.vivasgv.org](http://www.vivasgv.org) for more information.

**DATE** Sunday, June 12, 2016

**TIME** 10:00 AM - 3:00 PM

**LOCATION** Visit [www.vivasgv.org](http://www.vivasgv.org) for a map of the event route.

**NOTE** This event is presented by Metro

*Free!*



## JOB FAIR

Calling all job seekers! Join the City of El Monte for one of the largest job fairs in the San Gabriel Valley, the El Monte Job Fair will be a one-stop venue to meet with more than 50 "ready-to-hire" employers. Organizers estimate that there will be thousands of jobs ready to be filled and several Fortune 200 companies will be in attendance. Human Resources specialists will be in attendance to offer resume critiques and the event will offer online application access.

**DATE** Friday, June 17, 2016

**TIME** 10:00 AM - 1:00 PM

**LOCATION** El Monte Community Center, 3130 Tyler Avenue

*Free!*

## MAY

30 Memorial Day Celebration

## JUNE

- 4 Club Durazo Anniversary Dance
- 15 Blood Pressure Clinic
- 17 Job Fair
- 23 Senior of the Year Recognition Luncheon
- 24 Dive-in Movie: Book of Life
- 30 Healthy El Monte Coordinating Council Meeting

## JULY

- 7 Bet Tzedek Legal Clinic
- 20 Blood Pressure Clinic
- 20 Chalk It Up to a Healthy El Monte Sidewalk Art Contest
- 20 Rockin' Wednesday Summer Concert  
Featuring: TIERRA  
Special Guest: Steve Salas
- 22 Dive-in Movie: Kung Fu Panda 3
- 23 Hispano Americano Club Ranchero Dance
- 27 Rockin' Wednesday Summer Concert  
Featuring: Steel Rod
- 28 Emergency Preparedness Workshop

## AUGUST

- 3 Rockin' Wednesday Summer Concert  
Featuring: The Kelly Rae Band and  
El Monte Police National Night Out
- 4 Bet Tzedek Legal Clinic
- 6 President's Council Summer Dance
- 10 Battle of the Bands
- 17 Blood Pressure Clinic
- 18 Tzu Chi Foundation Dental Clinic  
(Free dental consultations)
- 19 Dive-in Movie: Minions
- 20 Back to School Resource Fair

## SEPTEMBER

- 1 Summer Senior BBQ
- 10 Hispano Americano Anniversary Dance
- 21 Hispano Americano Dia De La  
Hispanidad Event
- 21 Blood Pressure Clinic
- 22 Healthy El Monte Coordinating  
Council Meeting



# El Monte Parks & Facilities



**1 AQUATIC CENTER**  
 11001 MILDRED ST • (626) 580-2213  
 State of the art ADA accessible facility which includes: year round indoor pool, spa, diving boards, locker rooms, showers, restrooms, seasonal outdoor pool /waterslide and multipurpose conference rooms available for rental.

**2 COMMUNITY CENTER**  
 3130 TYLER AVE • (626) 580-2200  
 Multi-purpose auditorium (accommodates 300-500 guests), warming kitchen, private outdoor courtyard, restrooms, stage, lighting, public address system, and state of the art projector with drop down screen available for rental.

**3 EL MONTE CITY HALL AND POLICE DEPARTMENT**  
 11333 VALLEY BLVD  
 City Hall (626) 580-2001  
 Police Department Non-emergency (626) 580-2110

**4 FLETCHER PARK**  
 3404 FLETCHER PKWY • (626) 580-2200  
 Outdoor basketball court, large open play field, various sized play structures and restrooms. Large outdoor picnic area available for rental. 2.9 acres.

# Plan your special event with us!

*For rental availability call (626) 580-2200*

**5 GIBSON MARIPOSA PARK**  
4140 GIBSON RD • (626) 448-8448  
Neighborhood park, walking path, outdoor basketball court, various sized play structures and restrooms. Several outdoor picnic areas available for rental. 4.3 acres.

**6 HISTORICAL MUSEUM**  
3150 TYLER AVE • (626) 444-3813  
Offers visitors a tour of El Monte's colorful past through a collection of photographs, documents and historical objects. Group school tours can be arranged by appointment.

**7 JACK CRIPPEN MULTI-PURPOSE SENIOR CENTER**  
3120 N. TYLER AVE • (626) 580-2210  
Billiard room, computer lab, nutrition center and fitness center. Multi-purpose auditorium (accommodates 200 guests), kitchen, public address system and meeting room available for rental.

**8 LAMBERT PARK AND BERNIE BOOMER GYMNASIUM**  
11431 MCGIRK ST • (626) 580-2223  
Snack bar, various sized play structures and restrooms. Indoor gymnasium, multi-purpose auditorium (accommodates 150 guests), youth baseball diamond, lighted baseball diamond, outdoor picnic areas available for rental. 9.3 acres.

**9 MOUNTAIN VIEW PARK**  
12127 ELLIOTT AVE • (626) 580-2225  
Outdoor basketball court, various sized play structures, lighted softball field, lighted youth baseball diamond and restrooms. Multi-purpose auditoriums, meeting rooms, and picnic areas available for rental. 10.1 acres.

**10 RIO VISTA PARK**  
4275 RANGER AVE • (626) 580-2200  
Neighborhood park, walking trails, play structures and restrooms. Outdoor picnic area available for rental. 1.5 acres.

**11 TONY ARCEO MEMORIAL PARK**  
3125 N. TYLER AVE • (626) 580-2200  
Neighborhood park, walking path with custom mile markers, band shell, various sized play structures and restrooms. Outdoor picnic area available for rental. 3.4 acres.

**12 ZAMORA PARK**  
3820 PENN MAR AVE • (626) 580-2229  
Outdoor basketball court, various sized play structures and restrooms. Multi-purpose auditorium, meeting rooms, art house and private picnic area available for rental. 5.2 acres.





City of El Monte Presents the

**13<sup>th</sup> Annual**

# ROCKIN' WEDNESDAYS

**JULY 20<sup>TH</sup>**

**TIERRA**

*Special Guest* Steve Salas

**JULY 27<sup>TH</sup>**

**Steel Rod**

**AUGUST 3<sup>RD</sup>**

**The Kelly Rae Band**

*and* El Monte Police National Night Out

**AUGUST 10<sup>TH</sup>**

**Battle of the Bands**

ROCK OUT IN  
EL MONTE



July 20 - August 10, 2016 | Every Wednesday 6:30 PM - 8:30 PM



**ARCEO PARK**  
3125 Tyler Avenue, El Monte, CA  
For more information, please call (626) 580-2200.

