



**CITY OF EL MONTE**  
**Parks, Recreation & Community Services**  
**Department**



# LAP SWIM

**Weekdays & Weekends!**

**Tone YOUR MUSCLES AND IMPROVE YOUR CARDIOVASCULAR FITNESS BY PARTICIPATING IN ONE OF THE BEST EXERCISES AVAILABLE.**

Day(s)	Times	Dates
M-TH	11:30 AM - 1:00 PM	9/12 - 12/22
MW	7:15 PM - 9:00 PM	9/12 - 12/21
TTH	7:00 PM - 9:00 PM	9/13 - 12/22
S	9:00 AM - 1:00 PM	9/24 - 11/12



**\$3.50 PER SESSION OR \$55.00 FOR 20 SESSIONS**  
**NO CLASS: 10/15, 10/31 (PM ONLY), 11/5, & 11/24**

**Ages 14+**



**EL MONTE AQUATIC CENTER, 11001 MILDRED ST., EL MONTE, CA**

**f #HealthyElMonte**



**FOR MORE INFORMATION, PLEASE CALL THE EL MONTE AQUATIC CENTER AT (626) 580-2213.**