

Aeroquatics



The **Aeroquatics** program offers training in a variety of formats, including Zumba, Aqua Zumba, Pilates, Yoga, and much more. This Cardiovascular workout is driven by upbeat music with foot stomping movements targeting heart, lungs and lower body toning. Athletic shoes are required. Fees paid at the Aquatic Center.

Monday & Wednesday AC
Land: 6:00 PM- 7:00 PM
Water: 7:15 PM- 8:15 PM

Friday AC
Water: 6:00 PM-7:00 PM

Fee:
 \$5.00 per Class
 \$45.00 for a 10 Visit Pass (Save \$5.00)
 \$60.00 for a 10 Visit Pass (Save \$15.00)
 \$100.00 for a 25 Visit Pass (Save \$25.00)



SENIOR LAP SWIM



This is a continuous program that offers open recreation and lap swimming for our senior citizens. Program is held indoors with a \$1.00 fee admission for individuals 50 years and over. Individuals must obtain an El Monte Senior ID card from the El Monte Senior Center and complete all CDBG required forms. Limited space available. Fee paid at Aquatic Center.

Monday - Thursday AC
 10:00 AM - 11:30 AM

Tuesday – Thursday AC
 7:00 PM - 9:00 PM

City of El Monte
 Parks & Recreation/ Community Services Department
 Community & Senior Services Division



2015 Recreation Contract Classes (626) 580-2210

REGISTRATION: We accept MAIL-IN registrations ONLY. Please print and fill-in your information completely, using the mail-in form in this brochure. Feel free to duplicate the form, as needed. Then mail your personal check(s) for the correct payment amount to the department address, Attn: "Class Name". **DO NOT MAIL CASH!** Make checks payable to "City of El Monte". Enclose a separate check for each class and each person...in the event that your choices are closed, we can register you for the classes that are open and return your other payment. Please make sure all your information is complete and that you have enclosed your payment and mail it to: **El Monte Community & Senior Services Division, "Contract Classes" 3120 N. Tyler Avenue, El Monte, CA 91731. Class Registration MUST be mailed two weeks prior to the class starting date.**

REFUND POLICY: Please note that all refunds must be requested during the **first two weeks of classes only and whether or not your child participates in the class, unless otherwise indicated** and that refunds may take up to 2 to 4 weeks to process. Refunds must be requested **IN WRITING**. Requests can be mailed in, or brought to the office with your printed first and last name, signature, and date. The final deadline is always the Thursday of the 2nd week of that class by 5:00 PM, except for Polynesian Karate. Cancellations for Polynesian Karate will be the Thursday of the 1st week of class by 5:00 PM.

ADDITIONAL INFORMATION: If you would like additional information, please stop by the **Community & Senior Services Division, located at the Jack Crippen Multi-Purpose Senior Center at 3120 N. Tyler Avenue in El Monte or call (626) 580-2210.** Office hours are Monday through Thursday, 7:30 AM – 5:30 PM.

CLASS LOCATION CODES:

- LP** – Lambert Park – 11431 McGirk Avenue
- JCSC** – Jack Crippen Senior Center – 3120 Tyler Avenue
- AC** – El Monte Aquatic Center – 11001 Mildred Street

**All classes and schedules are subject to change.
 WE LOOK FORWARD TO ENJOYING OUR EXCITING
 2015 SESSION WITH YOU!!**

Line Dancing



TUESDAYS/ BEGINNING

SESSION: May 19, 2015 – July 7, 2015

TUESDAYS/ INTERMEDIATE/ ADVANCE

SESSION: May 19, 2015 – July 7, 2015

Come and join in on this fantastic class. You will learn the basics of Line Dancing. You will be dancing to Swing, Waltz, Tango, and Night Club music. Sue S. Dong, with over 20 years of Line Dancing experience, will be instructing the classes. You must be at least 18 years of age and older. Some dance experience is required. This is a high-beginner class!

LD /Beginning	18 Yrs. Old & Older	Tuesdays	6:00 – 7:30 PM	\$50/ 8 wks	JCSC
LD /Intermediate	18 Yrs. Old & Older	Tuesdays	7:30 – 9:00 PM	\$50/ 8 wks	JCSC
LD/Advanced	18 Yrs. Old & Older	Tuesdays	7:30 – 9:00 PM	\$50/ 8 wks	JCSC

Polynesian Karate



ONGOING MONTHLY REGISTRATIONS

\$45/Monthly

Teaching the Polynesian Karate, Limalama, Mr. Ramirez instructs children and adults. The students earn their belt levels from **White Belt** to **Black Belt**. Children also learn how to compete in local and traveling karate tournaments. This is an excellent class for physical and mental conditioning. A uniform is required and may be purchased from the instructor.

***Refunds will ONLY be given during the 1st week of class!**

Pkar /Beginning	5 – 17 Yrs. Old	Tue & Thurs	6:00 – 7:15 PM	\$45/ Monthly	JCSC
Pkar /Intermediate	5 – 17 Yrs. Old	Mon & Wed	6:00 – 7:15 PM	\$45/ Monthly	JCSC

Tiny Tots Program



SUMMER SESSION:

Mon & Wed - May 18, 2015 – July 8, 2015

Tue & Thurs May 19, 2015 – July 9, 2015

Summer Break July 13, 2015 till August 20, 2015

\$80/ 8 Weeks (2 Days)

\$160.00/ 8 Weeks (4 Days)

Tiny Tots is a recreation, pre-kindergarten program for **children ages 3 to 5 years old**. Tots will have a chance to learn colors, numbers, games, crafts, singing and group activities. This is a great time for “little ones” to learn to socialize and to share with others in a group situation before they enter kindergarten. Tots must be toilet trained. Class meets 2 days a week, 2 ½ hours a day; Monday & Wednesday or Tuesday & Thursday. The fee of \$75 pays for one 8-week session. Parents do have classroom responsibilities. Be sure to note the eligibility dates listed; all Tots must be at least 3 years old by the first week of class and proof of age (copy of birth certificate) is required at registration.

Tiny Tots	Mondays & Wednesdays	9:30 AM – 12:00 PM	LP
Tiny Tots	Tuesdays & Thursdays	9:30 AM – 12:00 PM	LP

Registration Method: All interested parents are required to use the mail-in procedure. Please see the dates listed below. All new participants are required to mail-in a photocopy of their child’s proof of age (copy of birth certificate). **DO NOT SEND ORIGINAL DOCUMENTS**



Gymnastics



ONGOING MONTHLY REGISTRATIONS

\$42 Beginning & \$55 Intermediate/ Advanced 7 classes per month

This specialized total body high energy gymnastics class will follow the United States Gymnastics Federation beginning to advanced level floor exercises as well as simultaneously incorporate each of the five components of physical fitness. These components include cardiovascular strength, endurance, muscular strength, flexibility and adipose tissue (body fat). Students will learn the importance of perseverance, determination, motivation, and dedication in a fun environment. Class instruction will be taught by Felicia Perez who has over 15 years experience in teaching dance, gymnastics, and tumbling.

Due to the vigorous nature of the class students may be asked to have a pre-participation medical evaluation.

***Refunds will ONLY be given during the 1st week of class!**

Intermediate	5 – 18 Years Old	Mondays & Wednesdays	4:00 - 5:30 PM	\$55/ Monthly	LP
Advanced	5 – 18 Years Old	Mondays & Wednesdays	4:00 - 5:30 PM	\$55/ Monthly	LP
Beginning	5 – 18 Years Old	Monday s & Wednesdays	4:30 - 5:30 PM	\$42/ Monthly	LP