

WELCOME TO BENNETT PARK AND RECREATION DISTRICT

FINANCIAL ASSISTANCE MEMBERSHIP APPLICATIONS NOW BEING ACCEPTED. STOP BY THE FRONT DESK FOR MORE INFORMATION	WEEKLY ACTIVITY SCHEDULE 9/11/2017 Hours of Operation: M-TH 6am-9pm Fri 6am-7pm Saturday 7am-6pm, Sundays CLOSED	OPEN SWIM FRIDAYS FROM NOON – 4PM
Movie in the Pool "Boss Baby" October 7th at 7pm	NEW HOURS M-TH WE WILL BE OPEN UNTIL 9PM	Come try a Single Fitness Class for FREE Recreation & Aquatic
25% off Memberships with Voucher Good until 9/18/2017	Kiddy Korral Evening: M/T/W/TH: 5pm—8pm Kiddy Korral Morning: Tue/Thur 9am-11am Fri 8:30am-10:30am Kiddy POOL is OPEN All Day Everyday!! Continuous pool is available with reservation	I-70 CCTC "Gears in Motion" Youth Meeting September 28th from 6pm-8pm

Fitness Class Drop In: \$6.00 Aquatic Class Drop In: \$6.00	Punch Card Available Rec & Aquatic	~/*/∞/\$/ Symbol means Included in different type of membership ~ Silver Sneakers / * Classic Members / ∞ Active Senior / \$ Deluxe members
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Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
§*∞ Twist & Shout-(Leila)(G) WGTs/BNDs/BALL		7:30am-8:30am		7:30am-8:30am	7:30am-8:30am	
§*∞ Wake Up and Move-(Leila)(G) CARDIO	7:30-8:30am CARDIO		7:30-8:30am STEP			
~ SilverSneakers YogaStretch-(Leila) (G)		9:35am-10:30am		9:35am-10:30am	9:35am-10:30am	
~ SilverSneakers MSROM-(Leila) (G)	9:35am-10:30am		9:35am-10:30am			
§*∞ Women's Strength Training 101-(Josh)(F)		9:30am-10:30am		9:30am-10:30am		
Advanced & Beginner TaiChi (Leila)	10:45am - 11:30am	10:45am - 11:30am	10:45am - 11:30am	10:45am - 11:30am		

****PICKLEBALL ~ART CLASSES ~FINTESS CLASSES~ ADULT VOLLEYBALL ~ DODGEBALL ~ SILVERSNEAKERS**

§*∞ HIIT-High Intensity Interval Training -(Sam)(F)		5:00pm-6:00pm		5:00pm-6:00pm	5:00pm-6:00pm	
§*∞ PIYO - (Sam) (G)	5:00pm-6:00pm					
§*∞ X-Fit (Josh)			5:00pm-6:00pm		8:30am-9:30am	
Full Gym Closures AM	7:30am-11:45am	7:30am -11:45am	7:30-11:45am	7:30am -11:45am		
Gym Closures PM	6pm-8pm	6pm - 8pm	1/2 - 2pm - 4pm Pickleball 6pm - 8pm	6pm - 8pm	1/2 - 4pm - 6pm Pickleball	Please call in advance for hours available
GYM ACTIVITIES	YOUTH LEAGUES	ADULT LEAGUES	YOUTH LEAGUES	ADULT LEAGUES		YOUTH LEAGUES

****WATER AEROBICS~GROUP SWIM LESSONS~ PRIVATE SWIM LESSONS~SPECIAL EVENTS -**

§*∞ Aquacise Fitness ~ Josh	10:30am-11:30am			10:30am-11:30am		
§*∞ HydroFit Training ~ Elizabeth	5:15pm-6:15pm		5:15pm-6:15pm		5:15pm-6:15pm	
§*∞ Aquatic HIIT ~Josh	6:30pm-7:30pm		6:30pm-7:30pm			
§*∞ Aquatic Dance ~ Rosanna		6:45pm-7:45pm				
§*∞ AquaFit ~ Rosanna				6:45pm-7:45pm		
MCC		7:00am - 8:00am		7:00am - 8:00am		
Tsunami Swim Team		5pm - 6:30pm		5pm - 6:30pm		
~§*∞ Lap Swim Times are subject to change >>>>Evening Lap swim will be available after September 5th	6am-10:30am & 12pm-3:30pm	6am-6:45am 8:15am-5pm	6am-3:30pm	6am-6:45am 8:15am-10:30am 12pm-5pm	6am-9am	No Lap Swim Pool Closed for Special Events
~§*∞ Endless Pool (Reservation Required)	6:00am-7:30pm	6:00am-7:30pm	6:00am-7:30pm	6:00am-7:30pm	6am-6:00pm	7am-5pm
Jazzercise@ AM & PM- (Pay Instructor Directly)	7:00pm-8:00pm	8:30am-9:30am	7:00pm-8:00pm	8:30am-9:30am		8:30am-9:30am
Rocky Mountain Self Defense- (Pay Instructor Directly) https://www.castlerockselfdefenseandfitness.com/schedule/bennett-schedule/	6:00pm-7:00pm	7:00pm-8:00pm	6:00pm-7:00pm	7:00pm-8:00pm	6:00pm-7:00pm	7:30am-8:30am