

# WELCOME TO BENNETT PARK AND RECREATION DISTRICT

**FREE DAY AT BPRD JUNE 20TH**  
Includes swimming and gym  
does not include fitness classes

**6-2017 BI-WEEKLY ACTIVITY SCHEDULE**  
Hours of Operation: M-TH 6am-8pm  
Fri 6am-7pm  
Saturday 7am-6pm,  
Sundays CLOSED

**OPEN SWIM NOW**  
MON-FRI 12PM-4PM

**NEW AQUATIC DANCE FITNESS**

**BPRD SUMMER CAMP**  
**TAKING REGISTRATIONS NOW!**  
Themed weekly camps and swimming every day!

**I-70 Chambers Business Expo**  
- June 10th

**Christmas in July!!!!**  
**July 22nd**

**Kiddy Korral Evening: M/T/W: 5pm—8pm and TH 5pm-7pm**  
**Kiddy Korral Morning: Tue & Thur 9am-11am**  
**Kiddy POOL is OPEN All Day Everyday!!**  
**Continuous pool is available with reservation**

**Tai Chi Advanced and Beginner starts**  
in June  
\$50 Advanced  
\$75 Beginner

Fitness Class Drop In: \$6.00      Punch Card Available  
Aquatic Class Drop in: \$6.00      Rec & Aquatic

~/\*/∞/§/ Symbol means Included in different type of membership  
~ Silver Sneakers / \* Classic Members / ∞ Active Senior / § Deluxe members

Activity	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
§*∞ Twist & Shout-(Leila)(G) WGTs/BNDs/BALL		7:30am-8:30am		7:30am-8:30am		
§*∞ Wake Up and Move-(Leila)(G) CARDIO	7:30-8:30am		7:30-8:30am	STEP	7:30am-8:30am	
~ 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) June 5th

**REGISTER NOW! This is a Speciality Class Registration Required**

## \*\*PICKLEBALL ~SUMMER CAMP ~FINTESS CLASSES~ 2 vs 2 ADULT CO-ED VOLLEYBALL

§*∞ 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			
<b>Full Gym Closures AM</b>	<b>7:30am-10:45am</b>	<b>7:30am -11:45am</b>	<b>7:30-10:45am</b>	<b>7:30am -11:45am</b>	<b>7:30-10:45am</b>	
<b>Gym Closures PM</b>		<b>5pm-8pm</b>	<b>1/2 - 2pm - 4pm</b> Pickleball		<b>1/2 - 2pm - 4pm</b> Pickleball	<b>Time available when</b> <b>not reserved</b>

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

§*∞ Aqcise Fitness ~ Josh - NEW TIMES TO START JUNE 1st	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 - Starts June 6th		6:45pm-7:45pm				
§*∞ AquaFit ~ Rosanna - Starts June 8th				6:45pm-7:45pm		
<b>MCC</b>		7:00am - 8:00am		7:00am - 8:00am		
~§*∞ Lap Swim Times are subject to change	6:00am -10:30am	6:00am - 6:45am 8:15am - 12:00pm 4:30pm - 6:30pm	6:00am - Noon	6:00am - 6:45am 8:15am - 10:30am 4:30pm - 6:30pm	No Lap Swim Available Due Pool Cleaning	No Lap Swim Pool Closed for Group Swim & Private Parties
~§*∞ 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
<b>Rocky Mountain Self Defense- (Pay Instructor Directly)</b> <a href="https://www.castlerockselfdefenseandfitness.com/schedule/bennett-schedule/">https://www.castlerockselfdefenseandfitness.com/schedule/bennett-schedule/</a>	<b>6:00pm-7:00pm</b>	<b>7:00pm-8:00pm</b>		<b>7:00pm-8:00pm</b>	<b>6:00pm-7:00pm</b>	<b>7:30am-8:30am</b>

**1 FREE personal training consult is offered with every New or Renewed Adult Membership**  
Location: 455 S. First Street, Bennett, Colorado 80102      Phone:303-644-5040



WEBSITE: [WWW.BENNETTREC.ORG](http://WWW.BENNETTREC.ORG)