

SUN	MON	TUE	WED	THU	FRI	SAT
<p>Expanded Hours in February! Lap Swim now 6am – 1pm Tuesdays & Thursdays, & we've added a 2nd Family Night, Tuesdays*, 5-8pm! (*except 2/21)</p> <p>Get ready for the March 15th Ping Pong tournament! Join the informal practice session on Thursday nights, 7-8pm, or come practice on our table anytime. Pool entry not required to play.</p> <p>2012 Fitness Challenge continues! Free weekly seminars & fitness classes, plus a cooking class for kids & adults! See back page or www.SalidaRec.com/fitness for more details.</p>			<p>1</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Swim Team Practice 4:15-6:15pm (2 lanes)</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Adult Coached Swim 5:30-6:30pm</p> <p>Open Swim Noon – 8pm</p>	<p>2</p> <p>Lap Swim 6-8am & 9-1 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Ping Pong Practice 7-8pm</p> <p>Open Swim 5 – 8pm</p>	<p>3</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Open Swim Noon – 9pm</p>	<p>4</p> <p>Lap Swim 10am-Noon</p> <p>Parent/Tot 10am-Noon</p> <p>Open Swim Noon – 9pm</p>
<p>5</p> <p>Open Swim Noon – 8pm</p>	<p>6</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Adult Coached Swim 6-7am</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Swim Team Practice 4:15-6pm 1 lane</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Youth Stroke Clinic 5:30 – 6:30pm</p> <p>Kayak Roll Session 7-9pm</p> <p>Open Swim Noon – 5:30pm</p>	<p>7</p> <p>Lap Swim 6-8 am and 9-1pm 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Swim Team Practice 4:15-6:15pm 2 lanes</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Open Swim 5 – 8pm</p>	<p>8</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Swim Team Practice 4:15-6:15pm 2 lanes</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Adult Coached Swim 5:30-6:30pm</p> <p>Open Swim Noon – 8pm</p>	<p>9</p> <p>Lap Swim 6-8am & 9-1 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Swim Team Practice 9-10am 1 lane</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Ping Pong Practice 7-8pm</p> <p>Open Swim 5 – 8pm</p>	<p>10</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Open Swim Noon – 9pm</p>	<p>11</p> <p>Lap Swim 10am-Noon</p> <p>Parent/Tot 10am-Noon</p> <p>Open Swim Noon – 9pm</p>
<p>12</p> <p>Open Swim Noon – 8pm</p>	<p>13</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Adult Coached Swim 6-7am</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Youth Stroke Clinic 5:30 – 6:30pm</p> <p>Kayak Roll Session 7-9pm</p> <p>Open Swim Noon – 5:30pm</p>	<p>14</p> <p>Lap Swim 6-8 am and 9-1pm 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Open Swim 5 – 8pm</p>	<p>15</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Adult Coached Swim 5:30-6:30pm</p> <p>Open Swim Noon – 8pm</p>	<p>16</p> <p>Lap Swim 6-8am & 9-1 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Ping Pong Practice 7-8pm</p> <p>Open Swim 5 – 8pm</p>	<p>17</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Open Swim Noon – 9pm</p>	<p>18</p> <p>Lap Swim 10am-Noon</p> <p>Parent/Tot 10am-Noon</p> <p>Open Swim Noon – 9pm</p> <p>*Free swimming all day with 2012 Fitness Challenge Log in progress*</p>
<p>19</p> <p>Open Swim Noon – 8pm</p>	<p>20</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Adult Coached Swim 6-7am</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Youth Stroke Clinic 5:30 – 6:30pm</p> <p>Kayak Roll Session 7-9pm</p> <p>Open Swim Noon – 5:30pm</p>	<p>21</p> <p>Lap Swim 6-8 am and 9-1pm 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>No Open Swim</p>	<p>22</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Adult Coached Swim 5:30-6:30pm</p> <p>Open Swim Noon – 8pm</p>	<p>23</p> <p>Lap Swim 6-8am & 9-1 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Ping Pong Practice 7-8pm</p> <p>Open Swim 5 – 8pm</p>	<p>24</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Jive and Dive 7-9pm</p> <p>Open Swim Noon – 7pm</p>	<p>25</p> <p>Lap Swim 10am-Noon</p> <p>Parent/Tot 10am-Noon</p> <p>Open Swim Noon – 9pm</p>
<p>26</p> <p>Open Swim Noon – 8pm</p>	<p>27</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Adult Coached Swim 6-7am</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Youth Stroke Clinic 5:30 – 6:30pm</p> <p>Kayak Roll Session 7-9pm</p> <p>Open Swim Noon – 5:30pm</p>	<p>28</p> <p>Lap Swim 6-8 am and 9-1pm 6 lanes 8-9 am 3 lanes</p> <p>Volleyball 8-9am</p> <p>Parent/Tot 10am-noon</p> <p>Family Night Reduced Prices 5-8 pm</p> <p>Open Swim 5 – 8pm</p>	<p>29</p> <p>Lap Swim 6-8am & 9-12 6 lanes 8-9am 3 lanes</p> <p>Aquacize 8-9am</p> <p>Arthritis 9-10am</p> <p>Parent/Tot 10am-noon</p> <p>Cardio Splash 4:30-5:30pm</p> <p>Adult Stroke Technique Series 5:30-6:15pm</p> <p>Adult Coached Swim 6:30-7:30pm</p> <p>Open Swim Noon – 8pm</p>	<p align="center">February 2012 SALIDA HOT SPRINGS AQUATIC CENTER</p> <p align="center">410 W. Rainbow Blvd. Salida, CO 81201 (719) 539-6738 www.salidarec.com</p> <p>February is Monarch employee appreciation month. Bring in your paystub or employee pass to get in for free! (Not valid for fitness classes or private pools)</p>		

<p>Regular Daily Admission DURING OPEN SWIM HOURS</p> <p>Adult..... \$11</p> <p>Senior 60+/Military..\$9</p> <p>Youth (6-17 years)....\$5</p> <p>Child (0-5 years).....\$3</p> <p>Shower Only.....\$5</p> <p>PRIVATE POOLS 18+ ONLY</p> <p>1 adult 1 hour.....\$12</p> <p>Add'l adult 1 hour....\$6</p>	<p>Discounted Rates</p> <p>Family Night (Thursdays, 5-8pm)</p> <p>Parent Tot Swim (Mon-Sun, 10am-noon)</p> <p>Lap Swim (M-F, 6am-noon, Sat 10am-noon)</p> <p>Adult.....\$5</p> <p>Youth (6-17 years).....\$3</p> <p>Child (0-5 years).....\$2</p> <p>Show us it's your birthday.....FREE</p> <p>With Monarch season or that day's pass: \$2 off adult or \$1 off youth regular price</p>	<p>SALIDA HOT SPRINGS AQUATIC CENTER & RECREATION DEPT.</p> <p>410 W Rainbow Blvd Salida, CO 81201 (719) 539-6738</p> <p>www.SalidaRec.com</p>
---	---	--

Pool Memberships and punch passes are a great way to save on swimming and fitness classes, and they make great gifts!

	Adult	Senior 60+	Family*	Youth
6 month	\$145	---	\$290	---
Annual	\$250		\$500	---
15 visits (Good for 1 year)	\$75	\$60	---	\$37.50
10 adult/10 youth (Good for 1 year)	---	---	\$75	---
10 Private Pool (Good for 1 year)	\$90	---	---	---

Annual Fitness Add-on (annual membership PLUS pass to all water fitness classes):
Annual pass fee + \$120 per person

*Family applies to Parents/caregivers and minors for whom they are legally responsible.

Lockers, Swim Suits, & Towels are available to rent for \$1 each, or lockers by the month.

Group Rates are available for groups of 20 or more (\$1 off per person). Ask about private rentals.

Business Passes are available for \$500 for 100.

Ask about our Soak & Swim Rates to enjoy both the public & private pools!

WATER + LAND FITNESS

Ages 16+ unless otherwise noted

ADULT COACHED SWIM + WORKOUT Brush up on your lap swimming technique & strength with our great instructors! Mondays we'll focus on endurance, Wednesdays we'll work on technique. *Mon, 6 – 7 am, Wed, 5:30 – 6:30 pm**. \$5.

*Change to 6:30 – 7:30 on 2/29, 3/7, 3/14, & 3/21

ADULT STROKE TECHNIQUE SERIES Do you want to improve your technique, or even learn a new stroke? This series will provide in-depth coached instruction on all 4 strokes, flip-turns, drill & more. *Weds, 2/29, 3/7, 3/14, 21, 5:30 – 6:15pm. \$25/all 4, plus optional coached workout following class.*

AQUACIZE You'll get a cardio workout with some strength training thrown in! Water's buoyancy will minimize strain on joints and bones. *Mon, Wed, & Fri, 8 – 9 am. \$5.*

ARTHRITIS POOL SESSION Improve flexibility & sooth joint inflammation. This group also holds a potluck on the last Friday of the month after class. *Mon, Wed, & Fri, 9 – 10 am. \$2.50.*

CARDIO SPLASH This class will trim your core as it strengthens, using the natural resistance of the water, along with pool exercise equipment. *Mon & Wed, 4:30 – 5:30 pm. \$5.*

KAYAK ROLL SESSION Come practice your roll in the warm waters of the Hot Springs Pool, and be ready for river season! *Mon, 7 – 9 pm. \$8. Please note there is no instruction or equipment provided.*

WATER VOLLEYBALL Enjoy the buoyant effects of water and play with this friendly and supportive group. *Tues & Thurs, 8 – 9 am. \$4.50.*

ZUMBA® Dancing is fun and it increases coordination, strength, and flexibility. This great workout is set to upbeat music, & no experience is necessary! *Wed, 5:30 – 6:30 pm, Scout Hut. \$8. ♥ Free class Saturday 2/25, 10-11am, Scout Hut.*

KICKBOXING

Kickboxing incorporates quick-paced movements that will keep you on your toes and get your blood pumping. Appropriate for all levels. *Mondays, 6 – 7 pm, Scout Hut. \$7.*

ADULT STRENGTH TRAINING

Strength and flexibility are the foundations of a healthy and pain-free body. This class is designed to keep older adults in good health by using your body weight and hand held weights. *Tuesdays and Thursdays, 8 – 9 am at Exer-Flex Gym. \$3.*

JUST FOR KIDS

YOUTH STROKE CLINIC Kids, want to take your swimming to the next level or burn off some energy? This clinic will make an impact on your technique. It's fast, it's focused & it's fun.

Mondays (NOT 2/20), 5:30 – 6:30pm. \$4 (sorry, no punch passes). All ages, must be able to swim 1 length unassisted

JIVE AND DIVE This pool party is just for middle schoolers! We'll have games, prizes, and a snack. *Ages 10 – 14 Friday, 2/24, 3/16, & 4/27, 7-9 pm. \$5.*

ROWDY AT RIVERSIDE Get the winter wiggles out at this weekly pre-school playgroup! Join parents & kids 6 months to 5 years for age-appropriate activities and fun! *Mondays at the Scout Hut, 9:30-11am, \$3 drop-in, or 10 classes for \$25.*

KID'S COOKING CLASS We will work on safe kitchen practices, and fun, healthy, & artistic creations! We'll make homemade no-cook snack bars! YUM! *Friday, February 3, 2:00 - 3:30 PM. \$10 Ages 7 – 10. MAX 8, pre-registration recm'd. At Ploughboy Market.*

MONARCH SKI BUS

We'll be running the ski bus nearly every Friday & Saturday this winter! See www.SalidaRec.com/Ski for a complete schedule. \$5 per person, punch passes available. Leaves the pool at 8:30am SHARP and departs the Monarch parking lot at 3:30pm SHARP. All ages, under 10 ride need to with adult.

♥ **2012 FITNESS CHALLENGE** ♥

Continuing into February, Salida Recreation & LiveWell are offering free fitness class & health seminars. Plus, keep track of your goals & achievements by tracking points with the Fitness Challenge and earn prizes to help keep you fit! See www.SalidaRec.com/fitness for a complete list of classes and rules for the Fitness Challenge.

♥ **Free Health & Fitness Talks** Scout Hut, Tuesdays, 6-7pm

♥ **Free Fitness Classes** Water Fitness, Yoga, Kickboxing, Pilates, Curves Gym, Zumba®, and more! *Saturdays: see website or pick up a Fitness Challenge packet at the pool for schedule.*

♥ **Cooking Class with Registered Dietician** We'll make roasted chicken & local winter veggies! *Saturday, February 11, 2:00 - 3:30 PM. \$20, ages 15+ MAX 6, pre-registration recm'd. At Ploughboy Market.*

♥ **SPECIAL DISCOUNTED FITNESS PUNCH PASS**

During January & February, get a pass good for 7 classes for only \$20! Good at all of our classes through February!