



City of El Monte

Parks, Recreation and Community Services Department

www.elmonteca.gov



Activities • Programs • Services • Special Events

Healthy
Parks

Build

Healthy
Communities



Winter/Spring

2017

#HealthyElMonte

City of El Monte

Parks, Recreation and Community Services Department

Let's take the first step together in maintaining a safe and Healthy El Monte. Create a healthy community by participating in our wonderful programs, classes, or events.

There are numerous activities throughout the community catered for beginners as well as higher intensity activities for those who seek a more challenging work out.

Look for the helpful hints throughout the brochure to help you meet your personal health goals, including: nutrition tips, activity ideas, and suggestions to keep your mind and body in top shape.

By participating in our local programs we not only keep ourselves healthy, but create a thriving community for all to enjoy.

Arceo Fitness Zone

Discover a new and exciting amenity for the Arceo Park community. Arceo Fitness Zone is an accessible and enjoyable gym station that includes freestanding equipment to encourage park visitors of all fitness levels to get physically active and work up a sweat in a beautiful outdoor environment.



Brochure Key



- Health & Wellness
- New Activities
- Nutritional Value
- Online Registration Available

Connect with Us

www.elmonteca.gov
Official Website

www.facebook.com/CityofElMonte
Official Facebook Page

Search or follow

#HealthyElMonte
to stay updated on current events.



RETHINK YOUR DRINK

You wouldn't eat 22 packets of sugar*.
Why are you drinking them?

Sugar-loaded drinks may lead to obesity,
type 2 diabetes, heart disease and some cancers.

*Sugar in a 20-oz. soda. Calculation based on a 3 gram sugar packet



Register Online Today at:

apm.activecommunities.com/elmonteparksandrec/Home

Winter - Aquatics Lessons

Address:
El Monte Aquatic Center
11001 Mildred Street
El Monte, CA 91731

Contact Information:
Phone: (626) 580-2213
Fax: (626) 258-8668

Office Hours:
M-TH 9:00 AM - 9:00 PM
F 4:00 PM - 7:30 PM
S 9:00 AM - 1:00 PM*
SU 9:00 AM - 1:00 PM*
(*during swim lessons)

REGISTER ONLINE AT: apm.activecommunities.com/elmonteparksandrec/Home

PARENT & ME - SESSION 1

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

AGES	DAY(S)	TIME	DATES	FEE
6 mo+	MW	11:30 AM-11:55 AM	1/18-2/13	\$50
6 mo+	MW	4:30 PM-4:55 PM	1/18-2/13	\$50
6 mo+	TTH	6:30 PM-6:55 PM	1/17-2/9	\$50
6 mo+	S	9:00 AM-9:35 AM	1/21-3/11	\$50
6 mo+	SU	9:00 AM-9:35 AM	1/22-3/12	\$50

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

NOTE Parent must be in the water with child during lesson.

LOCATION Aquatic Center

PRE-SCHOOL BEGINNER - SESSION 1

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	1/18-2/13	\$50
4-5	MW	4:30 PM-4:55 PM	1/18-2/13	\$50
4-5	MW	5:00 PM-5:25 PM	1/18-2/13	\$50
4-5	TTH	12:30 PM-12:55 PM	1/17-2/9	\$50
4-5	TTH	6:00 PM-6:25 PM	1/17-2/9	\$50
4-5	TTH	6:30 PM-6:55 PM	1/17-2/9	\$50
4-5	S	9:00 AM-9:35 AM	1/21-3/11	\$50
4-5	S	9:40 AM-10:15 AM	1/21-3/11	\$50
4-5	SU	9:00 AM-9:35 AM	1/22-3/12	\$50
4-5	SU	9:40 AM-10:15 AM	1/22-3/12	\$50

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

LOCATION Aquatic Center

PRE-SCHOOL INTERMEDIATE/ADVANCED SESSION 1

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	1/18-2/13	\$50
4-5	MW	4:30 PM-4:55 PM	1/18-2/13	\$50
4-5	MW	5:00 PM-5:25 PM	1/18-2/13	\$50
4-5	TTH	12:30 PM-12:55 PM	1/17-2/9	\$50
4-5	TTH	6:00 PM-6:25 PM	1/17-2/9	\$50
4-5	TTH	6:30 PM-6:55 PM	1/17-2/9	\$50
4-5	S	9:00 AM-9:35 AM	1/21-3/11	\$50
4-5	S	9:40 AM-10:15 AM	1/21-3/11	\$50
4-5	SU	9:00 AM-9:35 AM	1/22-3/12	\$50
4-5	SU	9:40 AM-10:15 AM	1/22-3/12	\$50

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

NOTE Must complete Pre-school Beginner & bring paddlers card to register.

LOCATION Aquatic Center

BEGINNING SWIM - SESSION 1

Water adjustment and introduction to basic swimming technique.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	12:00 PM-12:25 PM	1/18-2/13	\$50
6+	MW	12:30 PM-12:55 PM	1/18-2/13	\$50
6+	MW	5:30 PM-5:55 PM	1/18-2/13	\$50
6+	MW	6:00 PM-6:25 PM	1/18-2/13	\$50
6+	MW	6:30 PM-6:55 PM	1/18-2/13	\$50
6+	TTH	11:30 AM-11:55 AM	1/17-2/9	\$50
6+	TTH	12:00 PM-12:25 PM	1/17-2/9	\$50
6+	TTH	4:30 PM-4:55 PM	1/17-2/9	\$50
6+	TTH	5:00 PM-5:25 PM	1/17-2/9	\$50
6+	TTH	5:30 PM-5:55 PM	1/17-2/9	\$50
6+	S	10:20 AM-10:55 AM	1/21-3/11	\$50
6+	S	11:00 AM-11:35 AM	1/21-3/11	\$50
6+	S	11:40 AM-12:15 PM	1/21-3/11	\$50
6+	S	12:20 PM-12:55 PM	1/21-3/11	\$50
6+	SU	10:20 AM-10:55 AM	1/22-3/12	\$50
6+	SU	11:00 AM-11:35 AM	1/22-3/12	\$50
6+	SU	11:40 AM-12:15 PM	1/22-3/12	\$50
6+	SU	12:20 PM-12:55 PM	1/22-3/12	\$50

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

NOTE Four Levels: A, B, C, and D

LOCATION Aquatic Center

Swimming is an outstanding low impact activity for people of all ages.

Winter Online Registration

El Monte Residents Online Registration - **12/19/2016**

Open Online Registration - **12/20/2016** | Walk-In Registration - **1/9/2017**

Spring Online Registration

El Monte Residents Online Registration - **3/21/2017**

Open Online Registration - **3/22/2017** | Walk-In Registration - **3/27/2017**

Lesson Program Policies

- The El Monte Aquatic Center reserves the right to cancel any class that falls below the minimum required enrollment.
- Pool Closure: Occasionally the pool may have forced closures due to unexpected incidents, inclement weather or facility rentals.
- All students MUST show a registration card to enter the facility. A \$5 fee will be assessed for a replacement card.
- No Refunds, Exchanges, or Make-ups will be allowed.
- In the event of a medical emergency a refund may be considered by the Aquatics Coordinator with a 50% service charge per class per participant. If an exchange of class is requested and granted by the Aquatics Coordinator, there will be a \$10 service charge per class per participant.
- Classes will stop admitting students 15 minutes after class has begun.
- Proper swimming attire must be worn.
- The El Monte Aquatic Center has a structured lesson program which complies with the American Red Cross guidelines.



Winter - Aquatics Lessons

INTERMEDIATE/ADVANCED SESSION 1

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	4:30 PM-4:55 PM	1/18-2/13	\$50
6+	MW	5:00 PM-5:25 PM	1/18-2/13	\$50
6+	TTH	12:30 PM-12:55 PM	1/17-2/9	\$50
6+	TTH	6:00 PM-6:25 PM	1/17-2/9	\$50
6+	TTH	6:30 PM-6:55 PM	1/17-2/9	\$50
6+	S	9:00 AM-9:35 PM	1/21-3/11	\$50
6+	S	9:40 AM-10:15 AM	1/21-3/11	\$50
6+	SU	9:00 AM-9:35 AM	1/22-3/12	\$50
6+	SU	9:40 AM-10:15 AM	1/22-3/12	\$50

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

NOTE Must complete Beginning Swim & bring paddlers card to register. Three Levels: E, F, and G.

LOCATION Aquatic Center

ADULT - SESSION 1

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
14+	MW	5:00 PM-5:25 PM	1/18-2/13	\$50
14+	TTH	6:00 PM-6:25 PM	1/17-2/9	\$50
14+	S	9:40 AM-10:15 AM	1/21-3/11	\$50
14+	SU	9:40 AM-10:15 AM	1/22-3/12	\$50

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

LOCATION Aquatic Center

Increasing your level of physical activity is one of the best things you can do for your health.

PRIVATE LESSON - SESSION 1

Gain basic aquatic skills and swimming strokes. Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
4+	MW	4:00 PM-4:30 PM	1/18-2/13	\$280
4+	MW	7:00 PM-7:30 PM	1/18-2/13	\$280
4+	TTH	4:00 PM-4:30 PM	1/17-2/9	\$280
4+	TTH	7:00 PM-7:30 PM	1/17-2/9	\$280
4+	S	1:10 PM-1:40 PM	1/21-3/11	\$240
4+	SU	1:10 PM-1:40 PM	1/22-3/12	\$240

NO CLASS 1/28-1/29, 2/20, 2/25-2/26

LOCATION Aquatic Center

PARENT & ME - SESSION 2

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

AGES	DAY(S)	TIME	DATES	FEE
6 mo+	MW	11:30 AM-11:55 AM	2/22-3/20	\$50
6 mo+	MW	4:30 PM-4:55 PM	2/22-3/20	\$50
6 mo+	TTH	6:30 PM-6:55 PM	2/21-3/16	\$50

NOTE Parent must be in the water with child during lesson
LOCATION Aquatic Center

PRE-SCHOOL BEGINNER -SESSION 2

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	2/22-3/20	\$50
4-5	MW	4:30 PM-4:55 PM	2/22-3/20	\$50
4-5	MW	5:00 PM-5:25 PM	2/22-3/20	\$50
4-5	TTH	12:30 PM-12:55 PM	2/21-3/16	\$50
4-5	TTH	6:00 PM-6:25 PM	2/21-3/16	\$50
4-5	TTH	6:30 PM-6:55 PM	2/21-3/16	\$50

LOCATION Aquatic Center

PRE-SCHOOL INTERMEDIATE/ADVANCED SESSION 2

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	2/22-3/20	\$50
4-5	MW	4:30 PM-4:55 PM	2/22-3/20	\$50
4-5	MW	5:00 PM-5:25 PM	2/22-3/20	\$50
4-5	TTH	12:30 PM-12:55 PM	2/21-3/16	\$50
4-5	TTH	6:00 PM-6:25 PM	2/21-3/16	\$50
4-5	TTH	6:30 PM-6:55 PM	2/21-3/16	\$50

Notes Must complete Pre-school Beginner & bring paddlers card to register.

LOCATION Aquatic Center



BEGINNING SWIM - SESSION 2

Water adjustment and introduction to basic swimming technique.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	12:00 PM-12:25 PM	2/22-3/20	\$50
6+	MW	12:30 PM-12:55 PM	2/22-3/20	\$50
6+	MW	5:30 PM-5:55 PM	2/22-3/20	\$50
6+	MW	6:00 PM-6:25 PM	2/22-3/20	\$50
6+	MW	6:30 PM-6:55 PM	2/22-3/20	\$50
6+	TTH	11:30 AM-11:55 AM	2/21-3/16	\$50
6+	TTH	12:00 PM-12:25 PM	2/21-3/16	\$50
6+	TTH	4:30 PM-4:55 PM	2/21-3/16	\$50
6+	TTH	5:00 PM-5:25 PM	2/21-3/16	\$50
6+	TTH	5:30 PM-5:55 PM	2/21-3/16	\$50

NOTE Four levels: A, B, C, and D.

LOCATION Aquatic Center

INTERMEDIATE/ADVANCED - SESSION 2

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	4:30 PM-4:55 PM	2/22-3/20	\$50
6+	MW	5:00 PM-5:25 PM	2/22-3/20	\$50
6+	TTH	12:30 PM-12:55 PM	2/21-3/16	\$50
6+	TTH	6:00 PM-6:25 PM	2/21-3/16	\$50
6+	TTH	6:30 PM-6:55 PM	2/21-3/16	\$50

NOTE Must complete Beginning Swim & bring paddlers card to register. Three levels: E, F, and G.

LOCATION Aquatic Center

ADULT - SESSION 2

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
14+	MW	5:00 PM-5:25 PM	2/22-3/20	\$50
14+	TTH	6:00 PM-6:25 PM	2/21-3/16	\$50

LOCATION Aquatic Center

PRIVATE LESSONS - SESSION 2

Gain basic aquatic skills and swimming strokes. Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
4+	MW	4:00 PM-4:30 PM	2/22-3/20	\$280
4+	MW	7:00 PM-7:30 PM	2/22-3/20	\$280
4+	TTH	4:00 PM-4:30 PM	2/21-3/16	\$280
4+	TTH	7:00 PM-7:30 PM	2/21-3/16	\$280

LOCATION Aquatic Center

Spring - Aquatics Lessons

PARENT & ME - SESSION 1



Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

AGES	DAY(S)	TIME	DATES	FEE
6 mo+	MW	11:30 AM-11:55 AM	3/27-4/19	\$50
6 mo+	MW	4:30 PM-4:55 PM	3/27-4/19	\$50
6 mo+	TTH	6:30 PM-6:55 PM	3/28-4/20	\$50
6 mo+	S	9:00 AM-9:35 AM	4/1-5/13	\$50
6 mo+	SU	9:00 AM-9:35 AM	4/2-5/21	\$50

NO CLASS 4/15-4/16, 5/14

NOTE Parent must be in the water with child during lesson.

LOCATION Aquatic Center

PRE-SCHOOL



BEGINNER - SESSION 1

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	3/27-4/19	\$50
4-5	MW	4:30 PM-4:55 PM	3/27-4/19	\$50
4-5	MW	5:00 PM-5:25 PM	3/27-4/19	\$50
4-5	TTH	12:30 PM-12:55 PM	3/28-4/20	\$50
4-5	TTH	6:00 PM-6:25 PM	3/28-4/20	\$50
4-5	TTH	6:30 PM-6:55 PM	3/28-4/20	\$50
4-5	S	9:00 AM-9:35 AM	4/1-5/13	\$50
4-5	S	9:40 AM-10:15 AM	4/1-5/13	\$50
4-5	SU	9:00 AM-9:35 AM	4/2-5/21	\$50
4-5	SU	9:40 AM-10:15 AM	4/2-5/21	\$50

NO CLASS 4/15-4/16, 5/14

LOCATION Aquatic Center

PRE-SCHOOL



INTERMEDIATE/ADVANCED SESSION 1

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	3/27-4/19	\$50
4-5	MW	4:30 PM-4:55 PM	3/27-4/19	\$50
4-5	MW	5:00 PM-5:25 PM	3/27-4/19	\$50
4-5	TTH	12:30 PM-12:55 PM	3/28-4/20	\$50
4-5	TTH	6:00 PM-6:25 PM	3/28-4/20	\$50
4-5	TTH	6:30 PM-6:55 PM	3/28-4/20	\$50
4-5	S	9:00 AM-9:35 AM	4/1-5/13	\$50
4-5	S	9:40 AM-10:15 AM	4/1-5/13	\$50
4-5	SU	9:00 AM-9:35 AM	4/2-5/21	\$50
4-5	SU	9:40 AM-10:15 AM	4/2-5/21	\$50

NO CLASS 4/15-4/16, 5/14

NOTE Must complete Pre-school Beginner & bring paddlers card to register.

LOCATION Aquatic Center

BEGINNING SWIM - SESSION 1



Water adjustment and introduction to basic swimming technique.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	12:00 PM-12:25 PM	3/27-4/19	\$50
6+	MW	12:30 PM-12:55 PM	3/27-4/19	\$50
6+	MW	5:30 PM-5:55 PM	3/27-4/19	\$50
6+	MW	6:00 PM-6:25 PM	3/27-4/19	\$50
6+	MW	6:30 PM-6:55 PM	3/27-4/19	\$50
6+	TTH	11:30 AM-11:55 AM	3/28-4/20	\$50
6+	TTH	12:00 PM-12:25 PM	3/28-4/20	\$50
6+	TTH	4:30 PM-4:55 PM	3/28-4/20	\$50
6+	TTH	5:00 PM-5:25 PM	3/28-4/20	\$50
6+	TTH	5:30 PM-5:55 PM	3/28-4/20	\$50
6+	S	10:20 AM-10:55 AM	4/1-5/13	\$50
6+	S	11:00 AM-11:35 AM	4/1-5/13	\$50
6+	S	11:40 AM-12:15 PM	4/1-5/13	\$50
6+	S	12:20 PM-12:55 PM	4/1-5/13	\$50
6+	SU	10:20 AM-10:55 AM	4/2-5/21	\$50
6+	SU	11:00 AM-11:35 AM	4/2-5/21	\$50
6+	SU	11:40 AM-12:15 PM	4/2-5/21	\$50
6+	SU	12:20 PM-12:55 PM	4/2-5/21	\$50

NO CLASS 4/15-4/16, 5/14

NOTE Four Levels: A, B, C, and D

LOCATION Aquatic Center

INTERMEDIATE/ADVANCED SESSION 1



Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	4:30 PM-4:55 PM	3/27-4/19	\$50
6+	MW	5:00 PM-5:25 PM	3/27-4/19	\$50
6+	TTH	12:30 PM-12:55 PM	3/28-4/20	\$50
6+	TTH	6:00 PM-6:25 PM	3/28-4/20	\$50
6+	TTH	6:30 PM-6:55 PM	3/28-4/20	\$50
6+	S	9:00 AM-9:35 PM	4/1-5/13	\$50
6+	S	9:40 AM-10:15 AM	4/1-5/13	\$50
6+	SU	9:00 AM-9:35 AM	4/2-5/21	\$50
6+	SU	9:40 AM-10:15 AM	4/2-5/21	\$50

NO CLASS 4/15-4/16, 5/14

NOTE Must complete Beginning Swim & bring paddlers card to register. Three Levels: E, F, and G.

LOCATION Aquatic Center



ADULT - SESSION 1



Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
14+	MW	5:00 PM-5:25 PM	3/27-4/19	\$50
14+	TTH	6:00 PM-6:25 PM	3/28-4/20	\$50
14+	S	9:40 AM-10:15 AM	4/1-5/13	\$50
14+	SU	9:40 AM-10:15 AM	4/2-5/21	\$50

NO CLASS 4/15-4/16, 5/14

LOCATION Aquatic Center

PRIVATE LESSON - SESSION 1



Gain basic aquatic skills and swimming strokes. Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
4+	MW	4:00 PM-4:30 PM	3/27-4/19	\$280
4+	MW	7:00 PM-7:30 PM	3/27-4/19	\$280
4+	TTH	4:00 PM-4:30 PM	3/28-4/20	\$280
4+	TTH	7:00 PM-7:30 PM	3/28-4/20	\$280
4+	S	1:10 PM-1:40 PM	4/1-5/13	\$240
4+	SU	1:10 PM-1:40 PM	4/2-5/21	\$240

NO CLASS 4/15-4/16, 5/14

LOCATION Aquatic Center



Swimming uses every one of the body's major muscle groups and is a fantastic aerobic activity to get your heart pumping.

Spring - Aquatics Lessons

PARENT & ME - SESSION 2

Designed to help parent and child adjust to their new aquatic surroundings together, while child learns basic water readiness activities.

AGES	DAY(S)	TIME	DATES	FEE
6 mo+	MW	11:30 AM-11:55 AM	5/1-5/24	\$50
6 mo+	MW	4:30 PM-4:55 PM	5/1-5/24	\$50
6 mo+	TTH	6:30 PM-6:55 PM	5/2-5/25	\$50

NOTE Parent must be in the water with child during lesson.
LOCATION Aquatic Center

PRE-SCHOOL BEGINNER -SESSION 2

Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	5/1-5/24	\$50
4-5	MW	4:30 PM-4:55 PM	5/1-5/24	\$50
4-5	MW	5:00 PM-5:25 PM	5/1-5/24	\$50
4-5	TTH	12:30 PM-12:55 PM	5/2-5/25	\$50
4-5	TTH	6:00 PM-6:25 PM	5/2-5/25	\$50
4-5	TTH	6:30 PM-6:55 PM	5/2-5/25	\$50

LOCATION Aquatic Center

PRE-SCHOOL INTERMEDIATE/ADVANCED SESSION 2

Increase proficiency and build on the basic aquatic skills learned in Pre-school Beginner.

AGES	DAY(S)	TIME	DATES	FEE
4-5	MW	11:30 AM-11:55 AM	5/1-5/24	\$50
4-5	MW	4:30 PM-4:55 PM	5/1-5/24	\$50
4-5	MW	5:00 PM-5:25 PM	5/1-5/24	\$50
4-5	TTH	12:30 PM-12:55 PM	5/2-5/25	\$50
4-5	TTH	6:00 PM-6:25 PM	5/2-5/25	\$50
4-5	TTH	6:30 PM-6:55 PM	5/2-5/25	\$50

Notes Must complete Pre-school Beginner & bring paddlers card to register.

LOCATION Aquatic Center

BEGINNING SWIM - SESSION 2

Water adjustment and introduction to basic swimming technique.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	12:00 PM-12:25 AM	5/1-5/24	\$50
6+	MW	12:30 PM-12:55 PM	5/1-5/24	\$50
6+	MW	5:30 PM-5:55 PM	5/1-5/24	\$50
6+	MW	6:00 PM-6:25 PM	5/1-5/24	\$50
6+	MW	6:30 PM-6:55 PM	5/1-5/24	\$50
6+	TTH	11:30 AM-11:55 AM	5/2-5/25	\$50
6+	TTH	12:00 PM-12:25 PM	5/2-5/25	\$50
6+	TTH	4:30 PM-4:55 PM	5/2-5/25	\$50
6+	TTH	5:00 PM-5:25 PM	5/2-5/25	\$50
6+	TTH	5:30 PM-5:55 PM	5/2-5/25	\$50

NOTE Four levels: A, B, C, and D.
LOCATION Aquatic Center

INTERMEDIATE/ ADVANCED - SESSION 2

Instruction in advanced strokes, diving, competitive swimming skills and stroke refinement.

AGES	DAY(S)	TIME	DATES	FEE
6+	MW	4:30 PM-4:25 PM	5/1-5/24	\$50
6+	MW	5:00 PM-5:25 PM	5/1-5/24	\$50
6+	TTH	12:30 PM-12:55 PM	5/2-5/25	\$50
6+	TTH	6:00 PM-6:25 PM	5/2-5/25	\$50
6+	TTH	6:30 PM-6:55 PM	5/2-5/25	\$50

NOTE Must complete Beginning Swim & bring paddlers card to register. Three levels: E, F, and G.

LOCATION Aquatic Center

ADULT - SESSION 2

Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
14+	MW	5:00 PM-5:25 PM	5/1-5/24	\$50
14+	TTH	6:00 PM-6:25 PM	5/2-5/25	\$50

LOCATION Aquatic Center

PRIVATE LESSONS - SESSION 2

Gain basic aquatic skills and swimming strokes. Improve participants' proficiency in basic aquatic skills and the six basic swimming strokes.

AGES	DAY(S)	TIME	DATES	FEE
4+	MW	4:00 PM-4:30 PM	5/1-5/24	\$280
4+	MW	7:00 PM-7:30 PM	5/1-5/24	\$280
4+	TTH	4:00 PM-4:30 PM	5/2-5/25	\$280
4+	TTH	7:00 PM-7:30 PM	5/2-5/25	\$280

LOCATION Aquatic Center

Swimming is an outstanding activity for people of all ages. It motivates participants to strive for self-improvement and teaches goal orientation.



Aquatics Programs

ARROW DIVE CLUB

A USA Diving team that offers coaching and competition in one and three meter spring board diving for Novice, Junior Olympic and High School Levels.

AGES	DAY(S)	TIME	DATES	FEE
5-17	MWF	4:00 PM-7:30 PM	1/9-6/9	Varies
5-17	TTH	4:00 PM-6:00 PM	1/10-6/8	Varies

NO CLASS 1/16, 2/20, 5/29

NOTE Fee depends on number of practices attended; inquire with Coach for pricing.

INSTRUCTOR Deliang Li

ARROW DIVE CLUB LEARN TO DIVE LESSONS

A learn to dive program that offers coaching and competition in one and three meter springboard diving.

AGES	DAY(S)	TIME	DATES	FEE
5-17	MWF	4:00 PM-4:50 PM	1/9-6/9	\$90 month

NO CLASS 1/16, 2/20, 5/29

NOTE Fee depends on number of practices attended; inquire with Coach for pricing.

INSTRUCTOR Deliang Li

EI MONTE SHARKS AQUATIC CLUB

A competitive USA swimming team offering instruction, training, and physical fitness. Provides swimmers the opportunity to improve their athletic ability, building integrity, sportsmanship, and dedication. Blue team practices M/W/F while the gold team practices M-F.

AGES	DAY(S)	TIME	DATES	FEE
6+	MWF	4:30 PM-5:45 PM	1/9-6/9	\$64 month
6+	MWF	5:45 PM-7:15 PM	1/9-6/9	\$79 month
6+	TTH	4:30 PM-5:30 PM	1/10-6/8	\$79 month
6+	TTH	5:30 PM-6:45 PM	1/10-6/8	\$79 month

NO CLASS 1/16, 2/20, 5/29

NOTE One time registration fee per swimmer. A try-out is required for all new swimmers.

INSTRUCTOR Jennifer Perera



HOMESCHOOL PROGRAM

This program offers swimming instructions to students who are home schooled and wish to meet their physical education requirements.

AGES	DAY(S)	TIME	DATES	FEE
4+				Varies \$50

NO CLASS 1/16, 2/20

NOTE All classes listed under Learn-to-Swim section are available for this program.

LOCATION Aquatic Center

LAP SWIM - WEEKDAY

Tone your muscles and improve your cardiovascular fitness by participating in one of the best exercises available.

AGES	DAY(S)	TIME	DATES	FEE
14+	M-TH	11:30 AM-1:00 PM	1/9-6/8	\$3.50
14+	MW	7:30 PM-9:00 PM	1/9-6/7	\$3.50
14+	TTH	7:00 PM-9:00 PM	1/10-6/8	\$3.50

NO CLASS 1/16, 2/20, 5/29

NOTE Discount pass available: 20 visits for \$55

LOCATION Aquatic Center

LAP SWIM - WEEKEND

Tone your muscles and improve your cardiovascular fitness by participating in one of the best exercises available.

AGES	DAY(S)	TIME	DATES	FEE
14+	S	9:00 AM-1:00 PM	1/21-3/11 4/1-5/13	\$3.50
14+	Su	9:00 AM-1:00 PM	1/22-3/12 4/2-5/14	\$3.50

NO CLASS 1/28-1/29, 2/25-2/26, 4/15-4/16, 5/14

NOTE Discount pass available: 20 visits for \$55

LOCATION Aquatic Center

Swimming is a technical and specialized activity involving extensive skill development.

MIDVALLEY WATER POLO TRAVEL TEAM & SPLASHBALL PROGRAM

This program provides beginner, intermediate and advanced classes designed to develop kids into superior swimmers and water polo players by developing intelligence, technique, athleticism, and an understanding of the game.

AGES	DAY(S)	TIME	DATES	FEE
6-13	MW	7:30 PM-9:00 PM	1/9-6/7	Varies
6-13	TTH	6:00 PM-8:00 PM	1/10-6/8	Varies
6-13	MW	7:30 PM-9:00 PM	1/9-6/7	Varies

NO CLASS 1/16, 2/20, 5/29

NOTE Participants must be able to swim 25 yards in deep water uninterrupted.

LOCATION Aquatic Center

COACH Robert Zirovich

SENIOR LAP SWIM & EXERCISE PROGRAM

This is a continuous program that offers open recreation lap swimming and water exercise for our senior citizens.

AGES	DAY(S)	TIME	DATES	FEE
50+	M-TH	10:00 AM-11:30 AM	1/9-6/8	Varies
50+	TTH	7:00 PM-9:00 PM	1/10-6/8	Varies

NO CLASS 1/16, 2/20, 5/29

NOTE \$2.50 with El Monte Senior ID

\$1.00 CDBG/HUD ELIGIBLE: El Monte Residents 62 years and older.

Free with Healthways SilverSneakers Membership.

Discount pass available: 15 visits for \$30

LOCATION Aquatic Center

LIFEGUARD TRAINING COURSE

An American Red Cross certification course that provides entry-level participants the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries, and sudden illness.

AGES	DAY(S)	TIME	DATES	FEE
15+	S	2:00 PM-9:00 PM*	2/4, 2/11	\$100
		8:00 AM-6:00 PM*	2/18	
15+	S	2:00 PM-9:00 PM**	4/22, 4/29	\$100
	SU	8:00 AM-6:00 PM**	4/23	

NOTE **Course Prerequisites:** Must be 15 years of age on or before class date. Must be able to swim 300 yards, continuously, using front crawl and/or breaststroke; tread water for 2 minutes, using legs only, with hands held above the water; retrieve a submerged brick, using a surface dive and then kick 20 yards, lay brick on edge of pool, exit pool, while timed in 1 minute and 40 seconds or less.

*Pretest Wednesday 1/18 @ 7:00 PM

**Pretest Wednesday 4/5 @ 7:00 PM

LOCATION Aquatic Center

Community & Senior Services Programs



Address:
Jack Crippen Multipurpose Senior Center
3120 N. Tyler Avenue
El Monte, CA 91731



Contact Information:
Phone: (626) 580-2210
Fax: (626) 444-5056
Se Habla Español



Office Hours:
Monday - Thursday
8:00 AM - 5:30 PM

MULTI-MEDIA ROOM

The Multi-Media Room is open for participants 50 years of age and over during regular operating hours at the Jack Crippen Multipurpose Senior Center. The Multi-Media Room features a collection of books, television lounge, and a computer lab. Time restrictions may apply.

AGES	DAY(S)	TIME	DATES	FEE
50 +	M-Th	7:30 AM-5:30 PM	ONGOING	FREE
50 +	F	8:00 AM-5:00 PM	ONGOING	FREE

NON SERVICE DAYS 1/2, 1/16, 2/20, 5/29

LOCATION Jack Crippen Multipurpose Senior Center



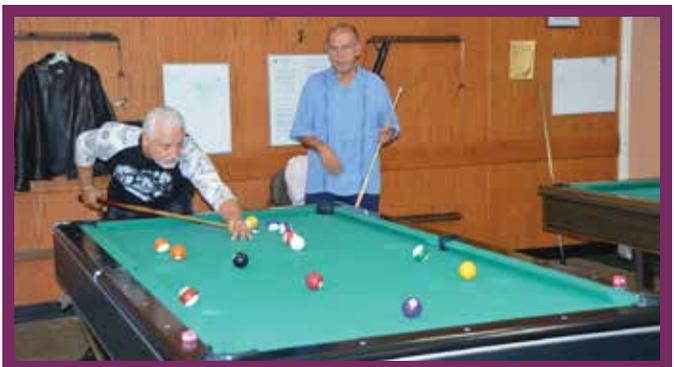
BILLIARDS

Come play a "round of pool" with friends. Play for fun or challenge the local sharp-shooters. Our billiards room offers three standard pool tables, pool balls, cue sticks, and bridges are available for use on a first-come, first-served basis. You must provide an ID for equipment check out at the front desk.

AGES	DAY(S)	TIME	DATES	FEE
50 +	M-Th	7:30 AM-5:30 PM	ONGOING	FREE
50 +	F	8:00 AM-5:00 PM	ONGOING	FREE

NON SERVICE DAYS 1/2, 1/16, 2/20, 5/29

LOCATION Jack Crippen Multipurpose Senior Center



BINGO

El Monte offers the best Bingo games around! Join us for an entertaining time with friends and an opportunity to win. Game prices and payouts vary; please call for more information.

AGES	DAY(S)	TIME	DATES	FEE
18 +	M	9:00 AM-2:00 PM	ONGOING	VARIES
18 +	Th	5:00 PM-9:00 PM	ONGOING	VARIES

NON SERVICE DAYS 1/2, 1/16, 2/20, 5/29

LOCATION Jack Crippen Multipurpose Senior Center Auditorium



ELDERLY NUTRITION PROGRAM

Meals are served on a first come first served basis to participants 60 years of age and over. There is a suggested donation of \$2.00 per person. Program is funded in part under the Older Americans Act.

AGES	DAY(S)	TIME	DATES	FEE
60 +	M-F	11:30 AM	ONGOING	\$2 Donation

NON SERVICE DAYS 1/2, 1/16, 2/20, 5/29

NOTE There is a suggested donation of \$2.00 per person.

LOCATION Jack Crippen Multipurpose Senior Center



Community & Senior Services Programs/Events

EL MONTE/SOUTH EL MONTE MEALS ON WHEELS

This program offers home delivered meals to eligible homebound residents who may be unable, by reason of age, infirmity or other circumstance, to prepare an adequate meal for themselves.

AGES	DAY(S)	TIME	DATES	FEE
18 +	M-F	VARIES	ONGOING	\$4.50 per day

NON SERVICE DAYS 1/2, 1/16, 2/20, 5/29

NOTE Please call (626) 443-1831 for more information.

LOCATION Delivered to your home.

SENIOR GYM

The Jack Crippen Multipurpose Senior Gym is available to resident and non-resident participants at a nominal fee. The Senior Gym is a Healthways Silver Sneaker facility. Please inquire at the front desk or visit www.silversneakers.com for more information.

AGES	DAY(S)	TIME	DATES	FEE
50 +	MW	9:00 AM-1:00 PM	ONGOING	VARIES
50 +	TTH	9:00 AM-1:00 PM	ONGOING	VARIES
50 +	TTH	5:30 PM-7:30 PM	ONGOING	VARIES
50 +	F	9:00 AM-12:00 PM	ONGOING	VARIES

NON SERVICE DAYS 1/2, 1/16, 2/20, 5/29

NOTE El Monte Resident: \$1.00 per visit or \$12 per month
Non Resident: \$2.50 per visit or \$25 per month

LOCATION Jack Crippen Multipurpose Senior Center

It is simple to make small changes and smart eating choices 

Fill half your plate with fruits and vegetables.

Drink water instead of sugary drinks.

Compare salt in food and choose the item with the lowest amount of sodium.

SENIOR CLUBS

Clubs have an elected slate of officers and meet on a weekly or biweekly basis to promote fellowship, recreation, and charitable service projects. Clubs organize excursions, dances, potlucks, and holiday celebrations for its members. Membership is limited to participants 50 years of age and over. No person shall be denied membership because of race, sex, creed, national origin, or political preference.

HISPANO AMERICANO CLUB

AGES	DAY(S)	TIME	DATES	FEE
50 +	W	1:00 PM-3:00 PM	ONGOING	\$12 Annual Membership

DURAZO CLUB

AGES	DAY(S)	TIME	DATES	FEE
50 +	Every other T	12:00 PM-1:30 PM	ONGOING	Dependent on member count



BLOOD PRESSURE CLINIC

Free blood pressure screenings are available on a walk-in basis. Screenings are done by a trained volunteer who maintains records, allowing for the creation of a personalized history of each participant. If blood pressure is unusually high or low, the volunteer will screen for "normal" blood pressure of individual and make appropriate referrals for follow-up care.

AGES 50+

DAY W

TIME 10:00 AM-11:00 AM

DATES 1/18, 2/15, 3/15, 4/19, 5/17

LOCATION Jack Crippen Multipurpose Senior Center



High blood pressure is undertreated and underdiagnosed among all races and genders, and those with high blood pressure often face serious cardiovascular problems such as stroke, heart attack, or heart failure.



Leisure Classes

GROUP FITNESS EXERCISE

This program offers a variety of Aerobic formats including Fat Burner, Step, Kickboxing, Zumba, Pilates and Yoga to keep it challenging and motivating. Total body workouts are driven by upbeat music, foot stomping movements and weights. All formats are modified for all fitness levels.

AGES	DAY(S)	TIME	DATES	FEE
14+	MW	6:00 PM-7:00 PM	ONGOING	Varies

NO CLASS 1/6, 1/16, 2/20, 5/29

NOTE Registration accepted at the aquatic center. Athletic shoes are required.
1 Visit: \$5 / 10 Visits: \$45 / 15 Visits: \$60 / 25 Visits : \$100.

LOCATION Aquatic Center - Room A

INSTRUCTOR Felicia Perez



GYMNASTICS - BEGINNERS

Children are introduced to acrobatic moves on gym mats, balance beams, spring boards and floor techniques, while simultaneously incorporating all five components of physical fitness. Monthly session includes 7 classes.

AGES	DAY(S)	TIME	DATES	FEE
5-18	MW	4:30 PM-5:30 PM	1/4-1/30	\$42
5-18	MW	4:30 PM-5:30 PM	2/1-2/27	\$42
5-18	MW	4:30 PM-5:30 PM	3/1-3/16	\$42
5-18	MW	4:30 PM-5:30 PM	4/3-4/24	\$42
5-18	MW	4:30 PM-5:30 PM	5/1-5/22	\$42

NO CLASS 1/16, 2/20, 3/6

NOTE Register online.
LOCATION Lambert Park
INSTRUCTOR Felicia Perez



GYMNASTICS - INTERMEDIATE/ADVANCED

This gymnastics class follows the United States Gymnastics Federation advance level floor level exercise, beam, vault and power incline trampoline while simultaneously incorporating all five components of physical fitness. Monthly session includes 7 classes.



AGES	DAY(S)	TIME	DATES	FEE
5-18	MW	4:00 PM-5:30 PM	1/4-1/30	\$55
5-18	MW	4:00 PM-5:30 PM	2/1-2/27	\$55
5-18	MW	4:00 PM-5:30 PM	3/1-3/16	\$55
5-18	MW	4:00 PM-5:30 PM	4/3-4/24	\$55
5-18	MW	4:00 PM-5:30 PM	5/1-5/22	\$55

NO CLASS 1/16, 2/20, 3/6

NOTE Register online.
LOCATION Lambert Park
INSTRUCTOR Felicia Perez

WATER FITNESS & EXERCISE

This program offers a total body workout consisting of cardio and strength training while minimizing impact on your joints and muscles. Formats include Aqua Fat Burner, Aqua Kickboxing, Aqua Zumba, and many more. All formats are modified for all fitness levels. Water equipment is provided.

AGES	DAY(S)	TIME	DATES	FEE
14+	MW	7:15 PM -8:15 PM	Ongoing	Varies
14+	F	6:00 PM -7:00 PM	Ongoing	Varies

NO CLASS 1/6, 1/16, 2/20, and 5/29
NOTE Registration accepted at the Aquatic Center.
1 visit: \$5 / 10 visits: \$45 / 15 visits: \$60 / 25 visits: \$100

LOCATION Aquatic Center Pool
INSTRUCTOR Felicia Perez



Leisure Classes

Join the fun!

Leisure Classes

HATHA YOGA

Yoga practice enhances health and well-being. Movements include relaxation while stretching, strengthening by holding weight-bearing poses when applicable, breathing awareness, working together in rhythm, repetition to promote skill building, fitness, strength and relaxation. Please bring a yoga mat and wear comfortable clothing.

AGES 18+ **DAY(S)** W **TIME** 8:30 AM-9:45 AM **DATES** 2/1-5/24 **FEE** FREE

NO CLASS 3/29
LOCATION Jack Crippen Multipurpose Senior Center
INSTRUCTOR Cecilia Cruz



MARCH MOVEMENT FOR HEALTH

Get moving on Saturday mornings in March. Try out a different type of physical activity and find the right type of exercise for you! This series is Rain or Shine.

AGES ALL **DAY(S)** S **TIME** 8:00 AM **DATES** 3/4, 3/11, 3/18, 3/25 **FEE** FREE

NOTE Please bring a bottle of water, wear comfortable clothing and appropriate shoes.
LOCATION Arceo Park
INSTRUCTOR Various

TINY TOTS

This enrichment program is designed to prepare your child for kindergarten by focusing on introducing shapes, colors, numbers, and the alphabet. It's a great opportunity for "little ones" to learn to socialize and share with others in a group.

AGES	DAY(S)	TIME	DATES	FEE
3-5	M-Th	9:30 AM-12:00 PM	1/9-3/2	\$180
3-5	MW	9:30 AM-12:00 PM	1/9-3/2	\$90
3-5	TTh	9:30 AM-12:00 PM	1/9-3/2	\$90
3-5	M-Th	9:30 AM-12:00 PM	3/13-5/11	\$180
3-5	MW	9:30 AM-12:00 PM	3/13-5/11	\$90
3-5	TTh	9:30 AM-12:00 PM	3/13-5/11	\$90
3-5	M-Th	9:30 AM-12:00 PM	5/22-7/13	\$180
3-5	MW	9:30 AM-12:00 PM	5/22-7/13	\$90
3-5	TTh	9:30 AM-12:00 PM	5/22-7/13	\$90

NO CLASS 1/16, 2/13, 2/20, 4/17-4/20 (Spring Break), 5/29, 7/4

NOTE Register online.
LOCATION Lambert Park
INSTRUCTOR Florence Salmon



HEALTHY EL MONTE

FAMILY FITNESS SESSION WITH POWER

The Family Fitness Sessions with POWER offer the opportunity for families to exercise together. Come along and take part in the fitness sessions and take advantage of healthy resources. Let's get moving El Monte!

AGES ALL **DAY(S)** S **TIME** 8:00 AM **DATES** 1/7, 2/4, 3/4, 4/1, 5/6 **FEE** FREE

NOTE This event is RAIN OR SHINE. Please bring a bottle of water, wear comfortable clothing and appropriate shoes.

LOCATION Arceo Park
INSTRUCTOR Beastin' Beauties

PIYO

PIYO utilizes a unique combination of Pilates and Yoga-based moves that increase flexibility and strength. Movements include the muscle-defining moves of Pilates that aim to increase flexibility as with Yoga practice. Please bring a yoga mat and wear comfortable clothing.

AGES 18+ **DAY(S)** F **TIME** 9:00 AM-10:00 AM **DATES** 1/20, 2/24, 3/24 **FEE** FREE

LOCATION Jack Crippen Multipurpose Senior Center
INSTRUCTOR Ruby Rose Yeppez

WINTER / SPRING

Parks and Recreation Programs



Address:
Community Center
3130 N. Tyler Avenue
El Monte, CA 91731



Contact Information:
Phone: (626) 580-2200
Fax: (626) 580-2237



Office Hours:
Monday - Thursday
8:00 AM - 5:30 PM

REGISTER ONLINE AT: apm.activecommunities.com/elmonteparksandrec/Home

YOUTH AND TEEN SPORTS CO-ED BASKETBALL

This recreation program promotes fitness, teamwork, and camaraderie. Participants are assigned to a site coach. Registration fee includes a team t-shirt, practice days, free shuttle transportation on game days, and awards for the championship team. The league will include a 1 week competitive tournament. All games are held in the Bernie Boomer Gymnasium at Lambert Park and spectators are welcome.

GRADES	DAY(S)	TIME	DATES	FEE
5th-6th	MT	3:00 PM-5:00 PM	1/9	\$20
7th-8th	WF	3:00 PM-5:00 PM	1/11	\$20

Notes Register online or at your local site: Cogswell School, Gibson Mariposa Park, Lambert Park, Mt. View Park and Zamora Park. For 5th and 6th graders, practices are held on Mondays and games are played on Tuesdays. For 7th and 8th graders, practices are held on Wednesdays and games are played on Fridays.
LOCATION Bernie Boomer Gymnasium at Lambert Park

PEE WEE SPORTS SESSIONS CO-ED SOCCER

This introductory course to soccer will teach children a wide range of beginning skills necessary to play the sport. Players will learn passing, dribbling, trapping, footwork, age specific offense, defense, and more. Sessions will include 1 day of non-competitive game time experience.

AGES	DAY(S)	TIME	DATES	FEE
4-6	W	4:00 PM-4:45 PM	1/25-3/1	\$40
7-9	W	5:00 PM-5:45 PM	1/25-3/1	\$40

NOTE Limited Sign ups. Register online or at the El Monte Community Center.
LOCATION Lambert Park



YOUTH AND TEEN SPORTS CO-ED SOCCER

This recreation program promotes fitness, teamwork, and camaraderie. Participants are assigned to a site coach. Registration fee includes a team t-shirt, practice days, free shuttle transportation on game days, and awards for the championship team. The league will include a 1 week competitive tournament. All games are held at Mt. View Park and spectators are welcome.

GRADES	DAY(S)	TIME	DATES	FEE
5th-6th	MT	3:00 PM-5:00 PM	3/13	\$20
7th-8th	WF	3:00 PM-5:00 PM	3/15	\$20

Notes Register online or at your local site: Cogswell School, Gibson Mariposa Park, Lambert Park, Mt. View Park and Zamora Park. For 5th and 6th graders, practices are held on Mondays and games are played on Tuesdays. For 7th and 8th graders, practices are held on Wednesdays and games are played on Fridays.
LOCATION Mt. View Park



PEE WEE SPORTS SESSIONS CO-ED BASKETBALL

This introductory course to soccer will teach children a wide range of beginning skills necessary to play the sport. Players will learn dribbling, shooting, passing, age specific offense, defense, and much more. Sessions will culminate 1 day of non-competitive game time experience.

AGES	DAY(S)	TIME	DATES	FEE
4-6	W	4:00 PM-4:45 PM	4/5-5/17	\$40
7-9	W	5:00 PM-5:45 PM	4/5-5/17	\$40

NOTE Limited Sign ups. Register online or at the El Monte Community Center.
LOCATION Lambert Park

ADULT SPORTS BASKETBALL

Designed to provide and promote well-being through recreational and social activities. All leagues include officiating, scorekeeping, stats, and awards for the top finishing teams.

GRADES	DAY(S)	TIME	DATES	TEAM FEE
40+	T	6:30 PM or 7:00 PM	1/3-3/14 3/28-5/30	\$475
18+	Th	7:00 PM	12/1-2/9 3/2-5/4	\$475
6"1" & Under	F	7:00 PM	11/4-2/10 3/3-5/19	\$475

Notes Register online or at the El Monte Community Center. Referee Fee : \$27 per game payable to the referee prior to beginning the game. Game times vary dependent upon the number of registered teams.
LOCATION Bernie Boomer Gymnasium at Lambert Park

ADULT SPORTS SOFTBALL

Designed to provide and promote well-being through recreational and social activities. All leagues include an umpire, scorekeeping, stats, and awards for the top finishing teams.

DIVISIONS	DAY(S)	TIME	DATES	TEAM FEE
Co-Ed	W	6:45 PM or 7:00 PM	1/4-3/1 3/22-5/17	\$500
Mens	F	6:45 PM or 7:00 PM	11/4-2/3 2/24-4/28	\$500
Mens	Su	9:00 AM	10/16-1/15	\$500

Notes Register online or at the El Monte Community Center. Umpire Fee : \$14 per game payable to the umpire prior to beginning of game. Co-Ed teams: 4 females are required to play. The home team is responsible for providing a playable reserve ball. Game times vary dependent upon the number of registered teams.
LOCATION Mt. View Park

Getting active can be as easy and fun as going for a walk, riding a bike, or playing a sport in the park.

Parks and Recreation Events



BASKETBALL CLINIC

This clinic is catered to improve basketball knowledge and ability regardless of skill level. This activity will cover the fundamentals of defense, offense, passing, dribbling, shooting, footwork and much more. Nutritional component included.



AGES 8-14
DATE Friday, January 20, 2017
TIME 3:00 PM - 7:00 PM
LOCATION Bernie Boomer Gymnasium at Lambert Park
NOTE \$5 per participant. Register online or at your local site.



VALENTINE ART CONTEST

Activity designed to provide an opportunity for children aged 6 to 15 years old to express their creativity by designing a homemade valentine.

DATE Wednesday, February 8, 2017
TIME 3:00 PM-4:00 PM
LOCATION Gibson Mariposa Park, Lambert Park, Mt. View Park, and Zamora Park.
NOTE All entries are due to your local site by 2/8/17. Awards will be given at participating sites on 2/9/17. Materials used may include: construction paper, tissue paper, glitter, felt, yarn, markers, or crayons.



SCAVENGER HUNT 5K SATURDAY

Our mission is to provide opportunities for everyone to be outdoors, exercise, escape, explore and have fun. Build a team of 2-6 members and join us to run, race, walk, jump, socialize and strike a pose! Bring a smartphone or camera and compete against other teams. Optional competition lasts about 2 hours and ranges from 3-6 miles of challenges. This excursion includes 1st- 3rd Place and Best Photo prizes, opportunity drawing, and transportation from Arceo Park.



DATES Saturday, January 28, 2017 - California Science Center
 Saturday, February 18, 2017 - Venice Beach
 Saturday, March 18, 2017 - Old Town Pasadena

TIME 9:00 AM-2:00 PM
LOCATION LOCATIONS WILL VARY

NOTE \$10 per participant. Register by January 19, 2017. Register online or at the El Monte Community Center.



SOCCER CLINIC

This clinic is catered to improve soccer knowledge and ability regardless of skill level. This activity will cover the fundamentals of defense, offense, passing, dribbling, trapping, footwork and much more. Nutritional component included.

AGES 8-14
DATE March 24, 2017
TIME 3:00 PM - 7:00 PM
LOCATION Mt. View Park
NOTE \$5 per participant.
 Register online or at your local site.

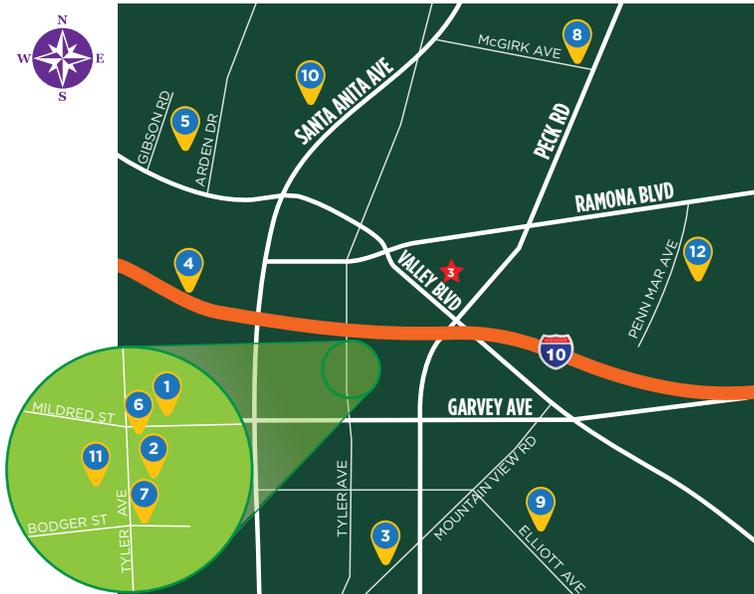


SPRING BREAK ACTIVITIES AT THE PARK

Join us at our city parks for FREE Spring Break activities which include: arts & crafts, sports, games and a field trip to the Track and Field Meet on 4/19/17.

DATE April 17-27, 2017
TIME 1:15 PM-4:45 PM
LOCATION Gibson Mariposa Park, Lambert Park, Mt. View Park, and Zamora Park.
NOTE Visit park office for more information.

El Monte Parks & Facilities



- 1 AQUATIC CENTER**
 11001 MILDRED ST • (626) 580-2213
 State of the art ADA accessible facility which includes: year round indoor pool, spa, diving boards, locker rooms, showers, restrooms, seasonal outdoor pool/waterslide and multipurpose conference rooms available for rental.
- 2 COMMUNITY CENTER**
 3130 TYLER AVE • (626) 580-2200
 Multi-purpose auditorium (accommodates 300-500 guests), warming kitchen, private outdoor courtyard, restrooms, stage, lighting, public address system, and state of the art projector with drop down screen available for rental.
- 3 EL MONTE CITY HALL AND POLICE DEPARTMENT**
 11333 VALLEY BLVD
 City Hall (626) 580-2001
 Police Department Non-emergency (626) 580-2110
- 4 FLETCHER PARK**
 3404 FLETCHER PKWY • (626) 580-2200
 Outdoor basketball court, large open play field, various sized play structures and restrooms. Large outdoor picnic area available for rental. 2.9 acres.
- 5 GIBSON MARIPOSA PARK**
 4140 GIBSON RD • (626) 448-8448
 Neighborhood park, walking path, outdoor basketball court, various sized play structures and restrooms. Several outdoor picnic areas available for rental. 4.3 acres.

- 6 HISTORICAL MUSEUM**
 3150 TYLER AVE • (626) 444-3813
 Offers visitors a tour of El Monte's colorful past through a collection of photographs, documents and historical objects. Group school tours can be arranged by appointment.
- 7 JACK CRIPPEN MULTI-PURPOSE SENIOR CENTER**
 3120 N. TYLER AVE • (626) 580-2210
 Billiard room, computer lab, nutrition center and fitness center. Multi-purpose auditorium (accommodates 200 guests), kitchen, public address system and meeting room available for rental.
- 8 LAMBERT PARK AND BERNIE BOOMER GYMNASIUM**
 11431 MCGIRK ST • (626) 580-2223
 Snack bar, various sized play structures and restrooms. Indoor gymnasium, multi-purpose auditorium (accommodates 150 guests), youth baseball diamond, lighted baseball diamond, outdoor picnic areas available for rental. 9.3 acres.
- 9 MOUNTAIN VIEW PARK**
 12127 ELLIOTT AVE • (626) 580-2225
 Outdoor basketball court, various sized play structures, lighted softball field, lighted youth baseball diamond and restrooms. Multi-purpose auditoriums, meeting rooms, and picnic areas available for rental. 10.1 acres.
- 10 RIO VISTA PARK**
 4275 RANGER AVE • (626) 580-2200
 Neighborhood park, walking trails, play structures and restrooms. Outdoor picnic area available for rental. 1.5 acres.
- 11 TONY ARCEO MEMORIAL PARK**
 3125 N. TYLER AVE • (626) 580-2200
 Neighborhood park, walking path with custom mile markers, band shell, various sized play structures and restrooms. Outdoor picnic area available for rental. 3.4 acres.
- 12 ZAMORA PARK**
 3820 PENN MAR AVE • (626) 580-2229
 Outdoor basketball court, various sized play structures and restrooms. Multi-purpose auditorium, meeting rooms, art house and private picnic area available for rental. 5.2 acres.

Upcoming Events



INSPIRE - A YOUNG WOMAN'S LEADERSHIP DAY

This conference is tailored to educate, encourage, and inspire our young ladies. Participants will have the opportunity to be mentored by female career professionals, network, and learn strategies for self-confidence, empowerment and personal success.

DATE Saturday, March 4, 2017 **TIME** 8:00 AM-2:00 PM **LOCATION** El Monte Community Center

NOTE For 7th-12th grade girls attending school in Mt. View School District, El Monte City School District and the El Monte Union High School District. Note: Admission is two canned good items that will be donated to the Emergency Resource Association. Limited sign ups.



PEE WEE CHEERLEADERS' JAMBOREE

Join us in celebrating the 32nd Anniversary Pee Wee Cheerleaders' Jamboree. Cheer for the Gibson Mariposa, Lambert, Mt. View and Zamora Park Cheerleaders as they compete for Sweepstakes, 1st Place in Freestyle Dance and 1st Place in Team Cheer. Who will capture the Spirit Stick? Come support these 2nd -6th grade cheerleaders as they showcase their skills and talents. GO, FIGHT, WIN!

DATE Saturday, April 1, 2017 **TIME** 11:00 AM **LOCATION** Lambert Park

NOTE Free admission. Doors open at 10:45 AM.



5TH ANNUAL HEALTHY EGGSTRAVAGANZA FAMILY FUN DAY

Join the Easter Bunny at the Healthy EGGSTRAVAGANZA Family Fun Day Saturday, April 8, 2017. Activities will include Breakfast with the Easter Bunny, FREE Egg Hunts, petting zoo, game booths, face painting, bouncer, giant slide, contests, arts & craft vendors, information booths, and special performances.

DATE Saturday, April 8, 2017 **TIME** 9:00 AM-1:00 PM **LOCATION** Mt. View Park, 12127 Elliot Avenue

NOTE For vendor information, please call (626) 580-2200.



BOYS AND GIRLS COMMUNITY TRACK & FIELD MEET

Run for fun and join us for an exciting day of track and field events which include running, jumping and throwing. This event includes an event t-shirt, a meal, a running bib, and award ribbons for 1st-5th place top finishers.

AGES 9-15 **DATE** Wednesday, April 19, 2017 **LOCATION** Mt. View High School

NOTE \$1 per participant. To be eligible to participate, your birth year must be between 2002-2008.



AUTISM RESOURCE CONFERENCE

In support of World Autism Awareness Day, the City of El Monte is spearheading a regional effort to provide educational resources and support to affected families at the Autism Resource Conference on Saturday, April 29. In addition to presentations, a resource fair will feature health, wellness and education professionals who will provide additional information on autism and answer questions.

DATE Saturday, April 29, 2017 **LOCATION** Grace T. Black Auditorium, 3130 Tyler Avenue

NOTE For more information, please contact the City Manager's Office at (626) 580-2001.





THE MAYOR & CITY COUNCIL

Invite you to a



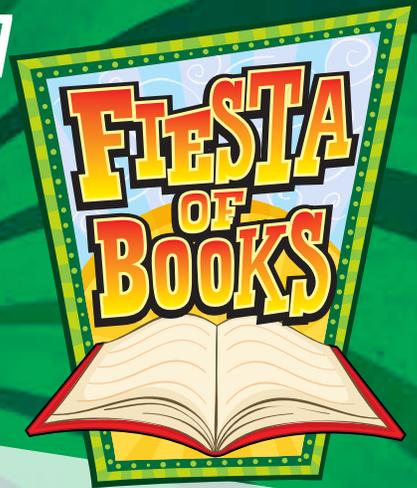
CINCO DE MAYO!

CELEBRATION

SATURDAY, MAY 6, 2017

11:00 AM - 4:00 PM

ARCEO PARK
3125 TYLER AVENUE



Schedule of Events

- * 11:00 AM - 1:00 PM - Fiesta Of Books At The El Monte Community Center
- * 11:00 AM - 1:00 PM - Performances, Loteria, & Entertainment
- * 1:00 PM - 2:45 PM - Mariachi Group
- * 3:00 PM - Folklorico Dancers
- * 3:35 PM - Chili Salsa Contest & Poster Contest
Winners Announced

Food * Game Booths * Vendors & Info Booths
Moon Bounce * Giant Slide * Face Painting

