

MONTEREY  
SPORTS CENTER

# MONTEREY SPORTS CENTER

**The Premier Family Fitness Facility on the  
Monterey Peninsula**

301 E. Franklin Street • Downtown Monterey • (831) 646-3730  
[www.monterey.org/sportscenter](http://www.monterey.org/sportscenter)



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**Registration for Winter 2016/Spring 2017 programs at the Monterey Sports  
Center begins on Wednesday, October 26 at 5:30 a.m.**

## Hours of Operation

Monday-Friday	5:30am-9:30pm
<b>(12:00-1:30pm Adult use only – 18 years of age or older)</b>	
Saturday	7:00am-6:00pm
Sunday	8:30am-6:00pm
Pools and Saunas close Mon.-Fri. 9:15pm, Sat. & Sun. 5:30pm	

## Holiday Schedule

Sunday December 25, 2016	CLOSED
Sunday, April 16, 2017	CLOSED

## Kids Zone

**(Ages: 6 months-8 years)**

Monday-Friday	9:00am-8:00pm
Saturday	8:00am-1:30pm

## POOLS

### Adult Lap Swimming

**(18 years of age or older)**

Lap swimming lanes will be available during all hours of operation. During hours when swim programs are scheduled, lap swimming will be limited to between two and twelve lanes depending on the needs of the programs scheduled. Adult Lap Swim is for persons 18 years of age or older.

### Winter/Spring Recreational Swimming

(Effective November 28, 2016-June 2, 2017)

(All ages. NOTE: Children 5 years and under must be with a companion 18 years of age or older when in the water.)

Monday-Thursday (Afternoon)	2:30pm-4:00pm
Friday (Afternoon)	2:30pm-5:00pm
Monday-Friday (Evening)	7:00pm-9:15pm
Saturday	12:00pm-5:30pm
Sunday	12:00pm-5:30pm

### Water Slide – Please see Hours of Operation flyer.

## Open Gym

Drop-in play for adult and youth activities include basketball, volleyball, ping-pong, badminton, and pickleball. Courts for OPEN GYM may vary due to scheduled programs.

Monday-Friday	5:30am-9:30pm
<b>(12:00-1:30pm Adult use only – 18 years of age or older)</b>	
Saturday	7:00am-6:00pm
Sunday	8:30am-6:00pm

**Please note:** Changes in scheduled activities may occur without prior notice. Current schedules are available at the Front Desk. The Monterey Sports Center is subject to closure(s) due to facility maintenance. In this case, every effort will be made to inform the public in advance.

## Complete Fitness Program (Electronic Fund Transfer)

With this option, the Monterey Sports Center electronically debits your checking or credit card account monthly. The Complete Fitness Program includes Fitness Orientation, unlimited Group Exercise classes, and complimentary towel service. Also includes use of the locker/shower room, Gymnasium, Weight Training Center, Cardio Fitness Center, Sun Deck, saunas and two indoor pools. Start-up program fee of \$50.

Youth (6-17 years)	\$30 per month	Senior (62 and older)	\$40 per month
Adult (18-61 years)	\$55 per month	Family*	\$77 per month
Corporate	\$51 per month		

## Membership (Paid in full) No Initiation Fees

1 YEAR	FEE	MTY RES FEE
Youth (6-17 years)	\$295	\$275
Adult (18-61 years)	\$535	\$495
Senior (62 and older)	\$395	\$365
Family*	\$765	\$710
6 MONTH	FEE	MTY RES FEE
Youth (6-17 years)	\$195	\$175
Adult (18-61 years)	\$360	\$320
Senior (62 and older)	\$260	\$230
Family*	\$515	\$455
3 MONTH	FEE	MTY RES FEE
Youth (6-17 years)	\$130	\$115
Adult (18-61 years)	\$230	\$205
Senior (62 and older)	\$165	\$145
Family*	\$335	\$300

\* Family: Two adults and their dependent children 20 years of age and younger that live in the same household. Family members 18 and older are required to show proof of residency.

## Business/Corporate Membership

The Business/Corporation must have a minimum of 4 employees participating in order to be eligible for this rate. The Business/Corporate rate for a 1 year Adult Membership is \$445. This a yearly rate and must be paid in advance.

### Memberships include:

- Use of locker/shower room; Saunas, two Pools and Water Slide; Sun Deck; Gymnasium; Weight Training Center; Cardio Fitness Center; Unlimited Group Exercise classes
- Complimentary towel service
- Fitness Orientation

## Drop-in Fee

	FEE	MTY RES FEE
Child (5/under)	\$3.75	\$3.25
Youth (6-17 years)	\$5.50	\$4.50
Adult (18-61 years)	\$9.00	\$8.00
Senior (62 and older)	\$6.50	\$5.50

### Drop-in Fee includes:

One visit including use of locker/shower room; Saunas, two Pools and Water Slide; Gymnasium; Weight Training Center; Cardio Fitness Center; and Sun Deck. A Group Exercise class is available for an additional fee of \$7.00. Towel rental fee of \$2.50 per towel.

### MSC Youth I.D.

All youth between 6-17 years old must have a Monterey Sports Center Youth I.D. for Drop-in use. To use facility without a MSC Youth I.D., youth must be accompanied by parent/guardian/group supervisor, possess a membership or be registered in a MSC program. Register at the Front Desk with a parent/guardian present.

### For ages 6-17 years.

### Youth I.D. Fee: \$6

## Parking At The Monterey Sports Center

When visiting the Monterey Sports Center guests are provided with the following parking options:

### Parking

For your convenience, parking is available in various locations around the Sports Center; in the Sports Center pay parking lot, on the surrounding streets (1 or 2 hour limited free parking), East Parking Garage and West Parking Garage. For more information, please ask the front desk for the detailed Parking flyer.

### Discount Encoder Cards for Monterey Sports Center Guests

Discounted parking is available for Monterey Sports Center guests in the EAST GARAGE (Washington Street & Del Monte Avenue). The cost is \$1 per visit (normally \$7 per visit). The discount Encoder cards are available in \$1 and \$5 increments. Encoder cards are available for purchase at the Monterey Sports Center front desk. For more information call 646-3730.

### Disabled Person Parking

Eight disabled person parking spaces are available in the Monterey Sports Center lot. Those with disabled person parking placards or stickers may park in any space in the Monterey Sports Center lot free of charge at any time of day.

### Bicycles

For our guests with bicycles, bike racks are provided near the front entrance. Guests are encouraged to bring a lock to secure their bicycle. It is suggested that guests use a "U" shaped lock. For the additional security of your bicycle, the bike rack is under 24-hour video surveillance.

## Gift Cards

Gift cards are available for purchasing Memberships, Drop-in admissions, classes, programs, Group Exercise Passes, and Sports Café and Pro Shop items.

## Locker Use

Lockers are for day use only. Guests must provide their own lock. All locks must be removed by the end of each day.

## Sports Café and Pro Shop

The Sports Café and Pro Shop is located in the inner lobby, offering deli sandwiches, light snacks, salads, beverages, and Pro Shop items for your enjoyment and convenience.

## Birthday Parties

Birthday parties may be held on the Sun Deck for \$25 plus applicable Drop-in fee for each guest. Please check current recreational swim hours to help plan the best time for your party. A limit of one table and four patio chairs are dedicated to each party on a first-come, first-served basis. An additional 6-foot folding table available upon request.

**NOTE:** In case of inclement weather, the Sun Deck will NOT be available. An alternate plan for refreshments and presents off-site will be necessary. (Sports Center lobbies/concourse will not be available.) For your guests' convenience, please provide a list of party attendees to the Front Desk for check-in.

## Kids Zone/Babysitting Service

**HOURS:** Monday-Friday 9:00am-8:00pm  
Saturday 8:00am-1:30pm

**AGES:** 6 months-8 years

**FEES:** Daily Kids Zone: \$6 per child/per visit (maximum 2 hours)  
\*Monthly Unlimited Kids Zone: (valid for 30 days from date of purchase) \$40 for 1 child (maximum 2 hours per visit) \$25 for each additional child  
\*Please note this option is non-transferable between children

## Scholarships "Playships"

Playships are considered on a case by case basis for individuals and families experiencing unforeseen financial hardship.

### How do I obtain a "Playship?"

1. Request a Playship form at the Front Desk.
2. Complete the form and attach your latest 1040 or an approved substitute.
3. The Sports Center Manager will contact you to discuss your request.

### Why does the Monterey Sports Center request financial information?

First, we want to be sure that Playships go to those who need them the most. Second, with information on income and family size, we are able to award Playships in a fair and consistent manner.

### Who will see my request?

Your information will be held in complete confidence and will be seen only by the Monterey Sports Center Manager and Administrative Assistant.

### How long will the "Playship" continue?

Playships will usually be granted for a specific time period. Upon expiration, if assistance is still needed, you may ask for an extension.

The amount of funds available for Playships is based on the profit derived from the selling of merchandise and contributions made directly to the Playship fund.



## CHOOSING A SWIMMING CLASS THAT'S RIGHT FOR YOU:

The Monterey Sports Center has a variety of swimming classes to choose from. The classes are broken into 5 categories. Our hope is you will be able to find the program that fits you or your child's ability and age.

CATEGORY 1: Parent/Tot Program (ages 6-36 months)

CATEGORY 2: Preschool Program (ages 3-5 years)

CATEGORY 3: Progressive Level Program (ages 6-13 years)

CATEGORY 4: Adult Swimming Instruction (ages 14-Seniors)

CATEGORY 5: Private or Semi-Private Instruction (all ages)

**CATEGORY 1-PARENT/TOT PROGRAM:** For infants and toddlers from 6 months through 36 months. Parent/guardian participation in the water is required.



**Starfish:** This class focuses on getting children accustomed to the water through playful interaction and games. This course does not teach children to be accomplished swimmers or to survive in the water. Once the child has reached 3 years of age, they can enroll in the Preschool Program classes. Parent participation is required. **Note: Children who are not potty-trained must wear a swim diaper under swimsuit.**

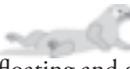
**CATEGORY 2-PRESCHOOL PROGRAM:** For children 3-5 years old. There are several options in this category that allow a preschool age child to continue their progress in swimming. The levels allow for further advancement for the toddler but keeps them in a class with their peers. Once the child completes the Preschool Program they are ready to enter into the Progressive Level Program at the Penguin or Seahorse class level.



**Sea Turtle:** This class focuses on water adjustment through games and playful interaction in the water. Basic swim skills are introduced. The purpose of this class is to develop a comfort level in the water that will prepare the toddler to learn how to swim. Parent participation in the water is optional, but the child must be able to take direction from an instructor if the parent does not participate.



**Angelfish:** For children who have already been introduced to the water and are comfortable enough in the water to begin to learn the basics of swimming. Instruction focuses on supported floating and beginning arm movements, as well as, rhythmic bobbing. Parent participation in the water is discouraged.



**Otter:** For children who have acquired basic skills such as supported floating and rhythmic bobbing. Unsupported floating and gliding, as well as, front and back crawl arm movements are taught. Personal safety skills are introduced.



**Polar Bear:** Instruction builds on previously learned skills and introduces elementary backstroke. Deep water safety skills are taught such as bobbing to safety and treading water. Diving from the side of the pool is introduced. Upon successful completion of this class, the participant should be ready to enter into the Penguin or Seahorse class of the Progressive Level Program.

**CATEGORY 3-PROGRESSIVE LEVEL PROGRAM:** This program is for children 6-13 years old or children who have completed the Polar Bear level. The classes are broken down into levels that build on the skills learned in the previous level. The prerequisite for each class is to be able to perform the skills from the preceding level. Preschool age children who have completed the Polar Bear class can enroll in the Progressive Level Program starting in the Penguin or Seahorse class.



**Goldfish:** This level is for beginners. The class focuses on water adjustment basic swim skills such as floating, gliding, front and back crawl arm movements. The purpose of this class is to develop a comfort level in the water.



**Penguin:** Instruction builds on previously learned skills and is designed for children who have already learned the basics of front and back crawl. This class introduces elementary backstroke and deep water safety skills such as bobbing to safety and treading water. Diving from the side of the pool is also taught.



**Seahorse:** For children who have learned how to coordinate front crawl with side breathing, and have also learned, but not mastered, back crawl and elementary backstroke. At this level breaststroke and sidestroke skills are incorporated.



**Seal:** At this level front and back crawl, and elementary backstroke coordination should be mastered. Breaststroke and sidestroke skills are refined and butterfly is introduced. Safety and rescue skills.



**Dolphin:** Students should have been introduced to all 6 strokes by this level: Front and back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly. This class focuses on refining each of the strokes. Competitive turns are introduced and age appropriate safety skills are taught.

## CATEGORY 4-ADULT SWIMMING INSTRUCTION:

These classes are designed for ages 14 through Seniors.

**Adult Beginner:** For adults who want to learn how to swim. Emphasis is placed on personal safety in and around the water and basic swimming strokes are introduced. Classes are paced to the individual's skill level.

**Adult Swimmer:** For adults who have learned the basics of front and back crawl coordination and would like to learn more advanced strokes such as breaststroke, sidestroke, and butterfly. Classes are paced to the individual's skill level.

## CATEGORY 5-PRIVATE OR SEMI-PRIVATE

**INSTRUCTION:** These classes are for any age or ability. Parent participation may be required for children under 3. Instruction is geared towards the individual's ability. Scheduling is ongoing based on availability. Registration is limited. **CALL THE PRIVATE LESSON LINE NOW AT 646-3738 TO RESERVE YOUR SPACE!!**

**Private:** Instruction is one student to one instructor.

**Fee:** \$33 per half-hour session

**Semi-Private:** Instruction is two students of similar age and ability to one instructor.

**Fee:** \$38 per half-hour session (\$19 per student).

**MISSED LESSONS (all classes):** It is essential that you attend each lesson to receive the full benefit of the class. Sorry, there are no make-up lessons for missed classes (this includes Holidays). One complimentary swim pass for each swimmer will be issued if a Holiday falls during a swim session. **Holidays include: January 16, February 20 and May 29.**

Private lessons will help your child achieve the next level!



## SATURDAY SWIM LESSONS

8 LESSONS-8 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) Dec 10-Feb 11 (No Class Dec 24 & 31) C) Apr 15-Jun 3  
B) Feb 18-Apr 8

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	9:00am	51014
		10:30am	51015
		11:30am	51016
Sea Turtle	3-5 years	9:00am	51043
		9:30am	51044
		10:30am	51045
		11:00am	51046
		11:30am	51047
Angelfish	3-5 years	9:00am	51075
		9:30am	51076
		10:00am	51077
		11:00am	51078
Otter	3-5 years	9:30am	51106
		10:00am	51107
		10:30am	51108
		11:30am	51109
		9:00am	51125
Polar Bear	3-5 years	10:00am	51126
		10:30am	51127
		11:30am	51128
		9:30am	51165
Goldfish	6-13 years	10:00am	51166
		11:00am	51167
		9:30am	51190
Penguin	6-13 years	11:00am	51191
		10:30am	51215
Seahorse	6-13 years	11:30am	51216
		11:00am	51240
Seal	6-13 years	11:00am	51240
Dolphin	6-13 years	10:00am	51260
Adult Beginner	14-Seniors	9:00am	51285

## MONDAY AND WEDNESDAY SWIM LESSONS

8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) Jan 2-Jan 25 (No Class Jan 16) D) Mar 27-Apr 19  
B) Jan 30-Feb 22 (No Class Feb 20) E) Apr 24-May 17  
C) Feb 27-Mar 22

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:00am	51001
		5:00pm	51002
Sea Turtle	3-5 years	10:00am	51025
		4:30pm	51026
		5:30pm	51027
Angelfish	3-5 years	11:30am	51050
		4:00pm	51051
		4:30pm	51052
		5:00pm	51053
		6:00pm	51054
Otter	3-5 years	10:30am	51085
		4:00pm	51086
		5:00pm	51087
		5:30pm	51088
		6:00pm	51089
Polar Bear	3-5 years	4:30pm	51110
		5:30pm	51111
		6:30pm	51112
Goldfish	6-13 years	5:00pm	51150
		6:00pm	51151
Penguin	6-13 years	4:00pm	51175
		5:30pm	51176
Seahorse	6-13 years	4:00pm	51200
		6:30pm	51201
Seal	6-13 years	4:30pm	51225
		6:00pm	51226
Dolphin	6-13 years	6:30pm	51250
Adult Beginner	14-Seniors	6:30pm	51280

## TUESDAY AND THURSDAY SWIM LESSONS

8 LESSONS-4 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) Jan 3-Jan 26 D) Mar 28-Apr 20  
B) Jan 31-Feb 23 E) Apr 25-May 18  
C) Feb 28-Mar 23

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	5:30pm	51006
		11:30am	51030
Sea Turtle	3-5 years	4:00pm	51031
		6:00pm	51032
		10:00am	51060
Angelfish	3-5 years	4:30pm	51061
		5:00pm	51062
		6:00pm	51063
		6:30pm	51064
Otter	3-5 years	10:30am	51090
		4:00pm	51091
		4:30pm	51092
		5:30pm	51094
		6:30pm	51095
Polar Bear	3-5 years	11:00am	51113
		4:00pm	51114
		5:00pm	51115
		6:00pm	51116
Goldfish	6-13 years	4:00pm	51154
		5:00pm	51155
		6:00pm	51156
Penguin	6-13 years	4:30pm	51180
		6:30pm	51181
Seahorse	6-13 years	4:30pm	51204
		5:30pm	51205
Seal	6-13 years	5:00pm	51229
Dolphin	6-13 years	5:30pm	51253
Adult Swimmer	14-Seniors	6:30pm	51290

## PRE-SUMMER SWIM LESSONS

### MONDAY THROUGH THURSDAY

7 LESSONS-2 WEEK SESSION-ALL CLASSES 1/2 HOUR IN LENGTH

Fee: \$54 Mty Res Fee: \$49

SESSION DATES:

- A) May 22-Jun 1 (No Class May 29)

ACTIVITY	AGES	TIME	ACTIVITY #
Starfish	6 mos.-3 years	11:30am	51010
		5:00pm	51011
Sea Turtle	3-5 years	10:00am	51035
		4:30pm	51036
		5:30pm	51037
Angelfish	3-5 years	11:00am	51066
		4:00pm	51067
		4:30pm	51068
		5:00pm	51069
		6:00pm	51070
Otter	3-5 years	10:30am	51098
		4:00pm	51099
		5:00pm	51100
		5:30pm	51101
		6:00pm	51102
Polar Bear	3-5 years	4:30pm	51120
		5:30pm	51121
		6:30pm	51122
Goldfish	6-13 years	5:00pm	51160
		6:00pm	51161
Penguin	6-13 years	4:00pm	51185
		5:30pm	51186
Seahorse	6-13 years	4:00pm	51210
		6:30pm	51211
Seal	6-13 years	4:30pm	51235
		6:00pm	51236
Dolphin	6-13 years	6:30pm	51257
Adult Beginner	14-Seniors	6:30pm	51282

## Pre-Team Swim Training

This program offers coaching in the four competitive strokes. Emphasis is on conditioning, stroke technique and refinement. Participants should be able to swim multiple laps continuously.

*For ages 6-17 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M,W	4:00-5:00pm	Jan 2-Jan 25 (No Class Jan 16)	Sports Center	Staff	\$54	\$49	51315-A
M,W	4:00-5:00pm	Jan 30-Feb 22 (No Class Feb 20)	Sports Center	Staff	\$54	\$49	51315-B
M,W	4:00-5:00pm	Feb 27-Mar 22	Sports Center	Staff	\$54	\$49	51315-C
M,W	4:00-5:00pm	Mar 27-Apr 19	Sports Center	Staff	\$54	\$49	51315-D
M,W	4:00-5:00pm	Apr 24-May 17	Sports Center	Staff	\$54	\$49	51315-E
Tu,Th	4:30-5:30pm	Jan 3-Jan 26	Sports Center	Staff	\$54	\$49	51316-A
Tu,Th	4:30-5:30pm	Jan 31-Feb 23	Sports Center	Staff	\$54	\$49	51316-B
Tu,Th	4:30-5:30pm	Feb 28-Mar 23	Sports Center	Staff	\$54	\$49	51316-C
Tu,Th	4:30-5:30pm	Mar 28-Apr 20	Sports Center	Staff	\$54	\$49	51316-D
Tu,Th	4:30-5:30pm	Apr 25-May 18	Sports Center	Staff	\$54	\$49	51316-E

## Tot Time

This is a special time on Fridays for parents with small children (5 and under) to enjoy the pools. **Note: Children who are not potty-trained must wear a swim diaper under swimsuit.**

*For ages 5 and under with adult 18 years or older.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
F	10:15-11:15am	Dec 9-Dec 30	Sports Center	Staff	\$26	\$18	51365-A
F	10:15-11:15am	Jan 6-Jan 27	Sports Center	Staff	\$26	\$18	51365-B
F	10:15-11:15am	Feb 3-Feb 24	Sports Center	Staff	\$26	\$18	51365-C
F	10:15-11:15am	Mar 3-Mar 24	Sports Center	Staff	\$26	\$18	51365-D
F	10:15-11:15am	Mar 31-Apr 21	Sports Center	Staff	\$26	\$18	51365-E
F	10:15-11:15am	Apr 28-May 19	Sports Center	Staff	\$26	\$18	51365-F
F	10:15-11:15am	May 26-Jun 16	Sports Center	Staff	\$26	\$18	51365-G
F	5:30-6:30pm	Dec 9-Dec 30	Sports Center	Staff	\$26	\$18	51366-A
F	5:30-6:30pm	Jan 6-Jan 27	Sports Center	Staff	\$26	\$18	51366-B
F	5:30-6:30pm	Feb 3-Feb 24	Sports Center	Staff	\$26	\$18	51366-C
F	5:30-6:30pm	Mar 3-Mar 24	Sports Center	Staff	\$26	\$18	51366-D
F	5:30-6:30pm	Mar 31-Apr 21	Sports Center	Staff	\$26	\$18	51366-E
F	5:30-6:30pm	Apr 28-May 19	Sports Center	Staff	\$26	\$18	51366-F
F	5:30-6:30pm	May 26-Jun 16	Sports Center	Staff	\$26	\$18	51366-G

## Splash Time

This is a special time on Mondays through Fridays for parents with small children (5 and under) to enjoy the pools. **Note: Children who are not potty-trained must wear a swim diaper under swimsuit.**

*For ages 5 and under with adult 18 years or older.*

DAY	TIME	SESSIONS	LOCATION	FEE
M-F	1:30-2:30pm	Nov 28-May 26	Sports Center	Drop-In Fee or Free with Membership

## American Red Cross Lifeguard Training

This course covers the skills and knowledge required for effective lifeguarding. Participants should be strong swimmers and must meet prerequisites as set by the American Red Cross. This course includes First Aid, CPR, AED, and Lifeguard Training Certificates. **ATTENDANCE AT ALL CLASS SESSIONS IS MANDATORY.**

*Participants must be 15 years or older by the end of the class.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Sa,Su	8:30am-4:00pm	Mar 11-Mar 19	Sports Center	Staff	\$168	\$160	51335-A
Sa,Su	8:30am-4:00pm	Apr 22-Apr 30	Sports Center	Staff	\$168	\$160	51335-B

## American Red Cross Water Safety Instructor Course

This is an instructor level course. Participants should have knowledge of basic water safety skills and an ability to swim the following strokes: freestyle, backstroke, breaststroke, butterfly, sidestroke, and elementary backstroke. There is a skills screening on the first day of class. This course provides instruction on how to teach a variety of swimming skills according to American Red Cross Standards. **ATTENDANCE AT ALL SESSIONS IS MANDATORY. Call the Aquatics Coordinator at 646-3491 for course schedule.**

*Participants must be 16 years of age or older by the end of the class.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Sa,Su	10:00am-6:00pm	TBA	Sports Center	Staff	\$168	\$160	51336-A

## Float Night

Bring anything that floats and enjoy an evening of fun with the family. Inner tubes, beach balls, water wings, and lifejackets are all welcome. **Note: Children 5 years and under must be with a companion 18 years or older when in the water.**

*For all ages.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
F	7:00-9:15pm	Every Friday	Sports Center	Staff	Membership or Drop-in Admission

# MSC Camps / Teen Work Experience

## Sports Camp Plus

At Sports Camp Plus there are new activities every day! The schedule is packed with over 30 fun activities each week including Capture the Flag, floor hockey, basketball, wiffleball, swimming, and much more! Campers also go on a field trip to Dennis the Menace Park!

*For grades 2nd through 7th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M-F	9:00am-5:00pm	Dec 19-Dec 23	Sports Center	Staff	\$170	\$155	53055-A
M-F	9:00am-5:00pm	Dec 26-Dec 30	Sports Center	Staff	\$170	\$155	53055-B
M-F	9:00am-5:00pm	Mar 20-Mar 24	Sports Center	Staff	\$170	\$155	53055-C
M-F	9:00am-5:00pm	Mar 27-Mar 31	Sports Center	Staff	\$170	\$155	53055-D

\*Daily Fees: \$50/Mty Res Fee: \$47

\*Can only be paid during the current week and only if space is available.

\*Daily fees not available online.

**Note: Parents may drop children off as early as 7:30am and pick them up as late as 5:30pm.**

## Cheerleading Camp

Cheerleading Camp gives campers a non-competitive environment to have fun while learning basic sideline and crowd cheers as well as stunts and a dance routine. Cheerleading Camp promotes teamwork in both indoor and outdoor settings. Campers also take a field trip to Dennis the Menace Park, as well as enjoy the MSC pools and water slide.

*For grades 2nd through 7th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M-F	9:00am-5:00pm	Dec 26-Dec 30	Sports Center	Staff	\$170	\$155	52015-A
M-F	9:00am-5:00pm	Mar 27-Mar 31	Sports Center	Staff	\$170	\$155	52015-B

## Teen Work Experience: Sports Camp

This program provides teens an opportunity to develop leadership, organizational and supervisory skills in a safe and fun camp environment. **One free one-hour orientation session must be completed before starting work experience program.**

*For ages 13-16 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Tu	3:30-4:30pm	Dec 13 (Orientation)	Sports Center	Staff	None	None	53060-A
Tu	3:30-4:30pm	Mar 7 (Orientation)	Sports Center	Staff	None	None	53060-B
M-F	9:00am-5:00pm	Dec 19-Dec 23	Sports Center	Staff	\$93	\$85	53054-A
M-F	9:00am-5:00pm	Dec 26-Dec 30	Sports Center	Staff	\$93	\$85	53054-B
M-F	9:00am-5:00pm	Mar 20-Mar 24	Sports Center	Staff	\$93	\$85	53054-C
M-F	9:00am-5:00pm	Mar 27-Mar 31	Sports Center	Staff	\$93	\$85	53054-D

## Teen Work Experience: Cheerleading Camp

This program provides teens an opportunity to develop leadership, organizational and supervisory skills in a safe and fun camp environment. **Pre-requisite required: One free one-hour orientation session must be completed before starting work experience program.**

*For ages 13-16 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Tu	3:30-4:30pm	Dec 13 (Orientation)	Sports Center	Staff	None	None	53060-A
Tu	3:30-4:30pm	Mar 7 (Orientation)	Sports Center	Staff	None	None	53060-B
M-F	9:00am-5:00pm	Dec 26-Dec 30	Sports Center	Staff	\$93	\$85	52016-A
M-F	9:00am-5:00pm	Mar 27-Mar 31	Sports Center	Staff	\$93	\$85	52016-B



## Fitness Evaluation

Comprehensive fitness evaluation including cardiovascular function, strength, body composition, blood pressure, flexibility and post-exercise recovery. Includes treadmill ergometry test. One-hour evaluation with a certified personal trainer includes a personalized fitness report and exercise program recommendations. May require medical release. Call 646-3492 for an appointment.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$85

## Fitness Orientation

Required for youth, ages 13-15, who wish to use equipment in the Cardio Fitness Center and Weight Room. Orientation provides use of fitness area rules and instruction of safe and appropriate use of equipment. Call 646-3495 to set up an appointment or ask at the Front Desk.

*For ages 13 and older.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$45 or included with new membership

## Personal Training

Personal training for weight loss, toning, strengthening, sports conditioning or post-rehab. ACSM, NSCA & MES guidelines for exercise prescription. Certified trainers available AM, PM and weekends. One-hour and half-hour sessions. Discount packages for 3, 6, 12, 24 and 36 one-hour sessions prepaid. Call 646-3492 for an appointment.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$65 per hour/\$45 per half-hour

### PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	\$160	(SAVINGS \$35)
6 SESSIONS	\$300	(SAVINGS \$90)
12 SESSIONS	\$580	(SAVINGS \$200)
24 SESSIONS	\$1,105	(SAVINGS \$455)
36 SESSIONS	\$1,485	(SAVINGS \$855)

## Quick Start Personal Training Membership

A one-month membership that includes personal training: Enjoy increased motivation, refreshed workout routines and faster results all at an affordable price with our Quick Start Personal Training Membership. A certified personal trainer works with you one-on-one to create a goal-based program that keeps your workouts fresh, fuels your motivation and makes exercise fun and exciting. You will meet with your trainer to set goals, complete a comprehensive fitness evaluation and get started on your program and then meet once every week for four weeks for one-on-one sessions. Call 646-3492 for an appointment.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$260

## Sports Performance Training

Advanced training for improved sports performance. Develop speed, agility and quickness. Comprehensive fitness testing and full program prescription included. Contact Bill Rothschild, CSCS for initial appointment at 646-3492 or [Rothschi@monterey.org](mailto:Rothschi@monterey.org).

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	\$65 per one-hour/\$45 per one-half hour session

Introductory Package (3-Pack)	\$160	(SAVINGS \$35)
6 SESSIONS	\$300	(SAVINGS \$90)
12 SESSIONS	\$580	(SAVINGS \$200)
24 SESSIONS	\$1,105	(SAVINGS \$455)
36 SESSIONS	\$1,485	(SAVINGS \$855)

## Pilates/Yoga (Private & Duet Classes)

Certified instructors will guide you through an individualized Pilates workout or Yoga practice. Call Lauri Ataide at 646-3739 or email [ataide@monterey.org](mailto:ataide@monterey.org) to schedule an appointment.

*For ages 14 and older.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Studio I&II	Certified Staff	<b>Private:</b> Instruction is one student to one instructor. <b>Fee:</b> \$70 per hour session 4-Class Pack \$260 (SAVINGS \$20)
			<b>Duet:</b> Instruction is two students to one instructor. MSC does not pair participants. <b>Fee:</b> \$40 per person for each hour session. 4-Class Pack \$140 per person (SAVINGS \$20)

# MSC Group Exercise

## The Monterey Sports Center offers over 120 classes a week!

There's truly something for everyone in our wide variety of group exercise class offerings including Kettlebell, Battle Ropes, Body Shred, Zumba, Zumba Toning, Aqua Zumba, U-Jam, Hip Hop, Fierce Funk, Yoga (Power, Flow, Yin, Restorative, Hatha, Meditative), Deep Water, Shallow Water, Step, BOSU, HIIT (High Intensity Interval Training), Outdoor Bootcamp, Spartan Circuit, Group Cycling, Athletic Training (crossfit-style workout), Cardio Kickboxing, Metabolic Mania, Strength Training, Pilates/Core, Barre Sculpt, Foam Roller, Aqua Splash, Ai Chi (Aqua Tai Chi), Aqua Yoga, Endurance Swimming (coached swim workout), Agility/Balance/Core, Chi Flow, Better Balance, Bone Builder and Healthy Start. Classes begin as early as 5:45am and are scheduled throughout the day until 9:00pm on weekdays and from 7:30am to 5:00pm on weekends.

## Monthly Group Exercise Pass (class admittance only)

<b>Fee</b>	
\$40	4 classes
\$52	8 classes
\$56	12 classes

<b>Mty Res Fee</b>	
\$34	4 classes
\$46	8 classes
\$50	12 classes

Or \$7 drop-in fee per class plus admission fee or membership.

**NOTE:** Please bring a towel to class. Group exercise passes are valid for the duration of one month.

## Complete Fitness Program

Includes Fitness Orientation, UNLIMITED CLASSES, facility use and towel service. Start-up program fee of \$50.

Youth	\$30 per month
Adult	\$55 per month
Senior	\$40 per month
Corporate	\$51 per month
Family	\$77 per month

## 1-YEAR, 6-MONTH, 3-MONTH MEMBERSHIPS

Includes Fitness Orientation, UNLIMITED CLASSES, facility use and towel service. Please visit the Monterey Sports Center or our website for more details.

The **Group Exercise Schedule** is available at the Monterey Sports Center and on our website:

[www.monterey.org/sportscenter](http://www.monterey.org/sportscenter)

and

Mobile Site: [m.monterey.org](http://m.monterey.org)



## Basketball Private or Group Lessons

Take your game to the next level! Gain the skills and confidence you need through private or group basketball lessons. For any age and individual or group comfort level and ability. Call 646-3439 to schedule your sessions.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Staff	<b>Private:</b> Instruction is one student to one instructor <b>Fee:</b> \$35 per hour session  <b>Group:</b> Instruction is two or more students to one instructor <b>Fee:</b> \$25 per person per hour session

## Pee Wee Basketball (5-6 Years)

Players will shoot at eight-foot baskets and get equal playing time. No score will be kept! First meeting is 9:00 to 10:00am. There will be a one hour practice once a week scheduled by coaches. Last seven weeks game times will vary between 9:00am and 11:00am. Volunteer coaches needed: For more information, call 646-3439. **Age determined as of January 7, 2017.**

*For ages 5-6 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Sa	9:00-11:00am	Jan 7-Feb 25	Sports Center	Staff	\$98	\$90	53021-A

## Pee Wee Basketball (7-8 Years)

Players will shoot at eight-foot baskets and get equal playing time. First meeting is 10:15 to 11:15am. There will be a one hour practice once a week scheduled by coaches. Last seven weeks game times will vary between 10:00am and 1:00pm. Volunteer coaches needed: For more information, call 646-3439. **Age determined as of January 7, 2017.**

*For ages 7-8 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Sa	10:00am-1:00pm	Jan 7-Feb 25	Sports Center	Staff	\$98	\$90	53022-A

## Girls Youth Basketball Leagues

This league will teach teamwork, good sportsmanship and the fundamentals that are necessary to become a better basketball player. **Registration deadline is November 27, 2016.** Requests for teammates will be considered but not guaranteed. Practices will be from 5:00-6:30pm for the first three weeks. Remaining practices will be once a week throughout the season scheduled by coaches. League games will start in January. Game times will vary between 5:00-9:00pm on game night. There will also be an end of the season tournament.

*For grades 3rd through 4th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Tu	5:00-9:00pm	Nov 29-Feb 28	Sports Center	Staff	\$103	\$95	53018-A

*For grades 5th through 6th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Tu	5:00-9:00pm	Nov 29-Feb 28	Sports Center	Staff	\$103	\$95	53019-A

## Boys Youth Basketball Leagues

This league will teach teamwork, good sportsmanship and the fundamentals that are necessary to become a better basketball player. **Registration deadline is November 27, 2016.** Requests for teammates will be considered but not guaranteed. Practices will be from 5:00-6:30pm for the first three weeks. Remaining practices will be once a week throughout the season scheduled by coaches. League games will start in January. Game times will vary between 5:00-9:00pm on game night. There will also be an end of the season tournament.

*For grades 3rd through 4th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
W	5:00-9:00pm	Nov 30-Mar 1	Sports Center	Staff	\$103	\$95	53015-A

*For grades 5th through 6th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Th	5:00-9:00pm	Dec 1-Mar 2	Sports Center	Staff	\$103	\$95	53016-A

*For grades 7th through 8th.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
F	5:00-9:00pm	Dec 2-Mar 3	Sports Center	Staff	\$103	\$95	53017-A

## "Hoop Shoot" Basketball Free Throw Contest

The Monterey Sports Center is sponsoring a 2016 "Hoop Shoot" Free Throw Contest. There are two divisions, boys and girls, and three age groups. Winners from each age group will advance to the Elks Peninsula Finals. Trophies for First Place!

*For ages 8-13 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Sa	10:30am	Nov 12	Sports Center	Staff	None

## "Hot Shot" Basketball Contest

The competition is open to boys and girls ages 8 through 16. There are both boys and girls divisions, and three age groups. Winners will advance to the Peninsula Finals! Trophies for First Place!

*For ages 8-16 years.*

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE
Sa	11:30am	Nov 12	Sports Center	Staff	None

## Youth Wrestling

This program will develop individual skills in the sport of wrestling. Emphasis will be on having fun while learning the fundamentals of wrestling.

**For grades 1st through 8th.**

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Th	5:30-6:30pm	Mar 9-Apr 27	Sports Center	Staff	\$58	\$50	53052-A

## Winter Co-ed Volleyball League

This is an intermediate Co-ed Volleyball League. Only 7 teams will be accepted. **Closing date is December 17** or the first 7 teams who register before the closing date.

**For ages 18 and older.**

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M	6:15-9:15pm	Jan 9-Mar 20 (No Games Jan 16 and Feb 20)	Sports Center	Staff	\$295	\$270	53026-A

## Spring Co-ed Volleyball League

Monday is for Advanced. Tuesday is for Intermediate/Competitive. Wednesday is for Intermediate/Recreational. Only 7 teams will be accepted for each night. **Closing date is March 9** for the spring session or the first 7 teams per night who register before the closing date.

**For ages 18 and older.**

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M	6:15-9:15pm	Mar 20-May 15	Sports Center	Staff	\$295	\$270	53027-A
Tu	6:15-9:15pm	Mar 21-May 16	Sports Center	Staff	\$295	\$270	53027-B
W	6:15-9:15pm	Mar 22-May 17	Sports Center	Staff	\$295	\$270	53027-C

**FOR ALL TEAM FEES: To be eligible for the Monterey Resident team fee, the entire team roster must be turned in at the time of registration and consist of 75% or more Monterey residents (at least 10 active players – not subs). Incomplete rosters will pay the higher fee. There will be no refund of fees if the team roster is completed after the team has registered.**

## Free Agent List for Adult Volleyball

Want to play in a volleyball league? Sign up on the free agent list used by managers for recruiting. To be placed on the list, call 646-3439.

## Volunteer Coaches Needed

We need volunteers to coach or to assist in coaching. If you are interested in volunteering, please call the Monterey Sports Center at 646-3439.

**PLEASE NOTE: COURT SHOES ONLY ALLOWED INSIDE THE GYMNASIUM!**

**ALL PROGRAMS ARE SUBJECT TO CHANGE IN DATES AND TIME.**



## MSC Martial Arts

## Martial Arts

This program combines the martial arts of Jujitsu and Karate. Students may earn rank from white belt through black belt in both arts.

**For ages 6 and older.**

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
W,F	7:00-8:30pm	Jan 4-Jan 27	Sports Center	Staff	\$53	\$45	52075-A
W,F	7:00-8:30pm	Feb 1-Feb 24	Sports Center	Staff	\$53	\$45	52075-B
W,F	7:00-8:30pm	Mar 1-Mar 24	Sports Center	Staff	\$53	\$45	52075-C
W,F	7:00-8:30pm	Mar 29-Apr 21	Sports Center	Staff	\$53	\$45	52075-D
W,F	7:00-8:30pm	Apr 26-May 19	Sports Center	Staff	\$53	\$45	52075-E
W,F	7:00-8:30pm	May 24-Jun 16	Sports Center	Staff	\$53	\$45	52075-F

# MSC Physical Therapy

## Aquatic Therapy

Individual evaluation and instruction on flexibility, strength, conditioning, stabilization, postural training and neutral spine awareness in our 92-degree therapeutic pool. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Educational Visit

Want to know how to get the most out of your exercise program? Have a nagging injury, an old injury, or want to prevent an injury? Have a Physical Therapist help with your program. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Independent Program Setup

Whether you want advice on a home exercise program or need assistance in setting up your gym program, MSC professional physical therapy staff can assist you. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Physical Therapy Evaluation

Comprehensive musculoskeletal evaluation by a licensed Physical Therapist. Learn about your body and what you can do to strengthen and improve your health and fitness. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Postural/Ergonomic Training

Professional Physical Therapy Staff can assist you with postural training and ergonomic instruction for the workplace. Reduce back and neck strain and prevent repetitive injuries like carpal tunnel syndrome. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Therapeutic Exercise

Physical Therapist supervised exercise. Licensed staff provides instruction on flexibility, conditioning, strength, stabilization, postural education and neutral spine awareness. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

## Therapeutic Pilates

Physical Therapist supervised instruction in Pilates. Perfect for individuals just beginning to learn Pilates or for individuals with joint, back or medical conditions and for individuals recovering from injury. Please call 646-5627.

*For all ages.*

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Physical Therapist	*per medical code

**\*MSC Physical Therapy is a preferred provider for Blue Cross, Blue Shield, Medicare, Tricare and many other insurance providers. Please call 646-5627 for insurance authorization, appointments and billing details.**

# MSC Private Parties

## PRIVATE PARTIES

*Join us at the Monterey Sports Center!*

Birthday Parties • Company Picnics • Corporate Events • Family Reunions • School Parties

### Facility Features Available:

- Two Indoor Pools
- Large Lobby
- Sun Deck
- Gymnasium
- 112 ft. Water Slide
- Studio I & II
- Locker Rooms
- Sports Café and Pro Shop
- Concourse
- Kids Zone (babysitting service)
- Mermaid Maura

### Activities:

- Organized Games
- Water Slide
- Basketball
- Ping Pong
- Water Basketball
- Indoor Soccer
- Badminton
- Pickle Ball
- Water Volleyball
- Volleyball
- Group Exercise Classes

### Rates:

Pool or Gym	Pool and Gym	Concourse
Deposit \$100	Deposit \$150	Studio I \$80 per hour
First two hours \$225	First two hours \$345	Studio II \$60 per hour
Add. hours \$100	Add. hour \$165	Kids Zone \$60 per hour
		Mermaid Maura \$60 per hour

*\* Additional staff costs are based on type of event and number of participants. To arrange private parties, contact the Sports Center Manager at 646-3736.*



## MONTEREY RECREATION FACILITY RENTALS

Some Monterey facilities feature rooms, dance studios, etc., available for rent. Fees and deposits vary. Room capacity differs for seated and standing groups. The use of alcoholic beverages is limited. Please call the facilities directly for further information and reservations or check online at [www.monterey.org/rec](http://www.monterey.org/rec).

Map #	Facility	Max Cap.	Alcohol Allowed	Chairs Avail	Dance Floor	Kitchen Avail	Stage Avail	Tables Avail
21	Casanova Oak Knoll Park Center 735 Ramona Avenue, 646-5665	70	■	■		■		■
1	Hilltop Park Center 871 Jessie Street, 646-3975	150	■	■		■		■
27	Monterey Sports Center 301 E. Franklin Street, 646-3736							
	Cardio/Weight Fitness Centers	159						
	Concourse/Lobby	200		■				■
	Exercise Studios	148/104		■	■			■
	Gymnasium	928		■	■			■
	Kids Zone	26		■				■
	Pools	450						
	Sundeck	175		■				■
14	Monterey Youth Center 777 Pearl Street, 646-3873	150	■	■		■	■	■
14	Monterey Youth Center Dance Studio 777 Pearl Street, 646-3873	42			■			
4	Scholze Park Center 280 Dickman Avenue, 646-3878	100	■	■		■		■