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	Jun 21-Jul 12	Sports Center	Staff	$26	$18	41365-A
F	10:15-11:15am	Jul 19-Aug 9	Sports Center	Staff	$26	$18	41365-B
F	10:15-11:15am	Aug 16-Sep 6	Sports Center	Staff	$26	$18	41365-C
F	10:15-11:15am	Sep 13-Oct 4	Sports Center	Staff	$26	$18	41365-D
F	10:15-11:15am	Oct 11-Nov 1	Sports Center	Staff	$26	$18	41365-E
F	10:15-11:15am	Nov 8-Nov 29	Sports Center	Staff	$26	$18	41365-F
F	10:15-11:15am	Dec 6-Dec 27	Sports Center	Staff	$26	$18	41365-G
F	5:30-6:30pm	Jun 21-Jul 12	Sports Center	Staff	$26	$18	41366-A
F	5:30-6:30pm	Jul 19-Aug 9	Sports Center	Staff	$26	$18	41366-B
F	5:30-6:30pm	Aug 16-Sep 6	Sports Center	Staff	$26	$18	41366-C
F	5:30-6:30pm	Sep 13-Oct 4	Sports Center	Staff	$26	$18	41366-D
F	5:30-6:30pm	Oct 11-Nov 1	Sports Center	Staff	$26	$18	41366-E
F	5:30-6:30pm	Nov 8-Nov 29	Sports Center	Staff	$26	$18	41366-F
F	5:30-6:30pm	Dec 6-Dec 27	Sports Center	Staff	$26	$18	41366-G

MSC Camps

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, whiffleball, swimming, and much more! Campers also go on a field trip to Dennis the Menace Park!

For ages 2nd through 7th grade.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M-F	9:00am-5:00pm	Jun 3-Jun 7	Sports Center	Staff	$150	$135	43055-A
M-F	9:00am-5:00pm	Jun 10-Jun 14	Sports Center	Staff	$150	$135	43055-B
M-F	9:00am-5:00pm	Jun 17-Jun 21	Sports Center	Staff	$150	$135	43055-C
M-F	9:00am-5:00pm	Jun 24-Jun 28	Sports Center	Staff	$150	$135	43055-D
M-F	9:00am-5:00pm	Jul 1-Jul 5 *(No Camp Jul 4)*	Sports Center	Staff	$120	$108	43055-E
M-F	9:00am-5:00pm	Jul 8-Jul 12	Sports Center	Staff	$150	$135	43055-F
M-F	9:00am-5:00pm	Jul 15-Jul 19	Sports Center	Staff	$150	$135	43055-G
M-F	9:00am-5:00pm	Jul 22-Jul 26	Sports Center	Staff	$150	$135	43055-H
M-F	9:00am-5:00pm	Jul 29-Aug 2	Sports Center	Staff	$150	$135	43055-I
M-F	9:00am-5:00pm	Aug 5-Aug 9	Sports Center	Staff	$150	$135	43055-J
M-F	9:00am-5:00pm	Oct 7-Oct 11	Sports Center	Staff	$150	$135	43055-K

*Daily Fees: $48/Mty Res Fee: $45. 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.**

Sports Camp Plus – Swim Lessons

Once enrolled for a week of Sports Camp Plus, campers have the opportunity to sign up for four 30-minute swim lessons. Campers will be divided into Beginner, Intermediate and Advanced levels.

For ages 2nd through 7th grade.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	ACTIVITY#
M-Th	11:00-11:30am	Jun 3-Jun 6	Sports Center	Staff	$22	43056-A
M-Th	11:00-11:30am	Jun 10-Jun 13	Sports Center	Staff	$22	43056-B
M-Th	11:00-11:30am	Jun 17-Jun 20	Sports Center	Staff	$22	43056-C
M-Th	11:00-11:30am	Jun 24-Jun 27	Sports Center	Staff	$22	43056-D
M-Th	11:00-11:30am	Jul 1-Jul 3 *(No Camp Jul 4)*	Sports Center	Staff	$16.50	43056-E
M-Th	11:00-11:30am	Jul 8-Jul 11	Sports Center	Staff	$22	43056-F
M-Th	11:00-11:30am	Jul 15-Jul 18	Sports Center	Staff	$22	43056-G
M-Th	11:00-11:30am	Jul 22-Jul 25	Sports Center	Staff	$22	43056-H
M-Th	11:00-11:30am	Jul 29-Aug 1	Sports Center	Staff	$22	43056-I

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 ages 2nd through 7th grade.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M-F	9:00am-5:00pm	Jun 3-Jun 7	Sports Center	Staff	$150	$135	42015-A
M-F	9:00am-5:00pm	Jun 10-Jun 14	Sports Center	Staff	$150	$135	42015-B
M-F	9:00am-5:00pm	Jun 17-Jun 21	Sports Center	Staff	$150	$135	42015-C
M-F	9:00am-5:00pm	Jun 24-Jun 28	Sports Center	Staff	$150	$135	42015-D
M-F	9:00am-5:00pm	Jul 1-Jul 5 *(No Camp Jul 4)*	Sports Center	Staff	$120	$108	42015-E
M-F	9:00am-5:00pm	Jul 8-Jul 12	Sports Center	Staff	$150	$135	42015-F
M-F	9:00am-5:00pm	Jul 15-Jul 19	Sports Center	Staff	$150	$135	42015-G
M-F	9:00am-5:00pm	Jul 22-Jul 26	Sports Center	Staff	$150	$135	42015-H
M-F	9:00am-5:00pm	Jul 29-Aug 2	Sports Center	Staff	$150	$135	42015-I

Teen Work Experience: Sports Camp

This program provides teens an opportunity to develop leadership, organizational and supervisorial skills in a safe and fun camp environment. **Pre-requisite required: One free two-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	3:30-5:30pm	May 28 (Orientation)	Sports Center	Staff	None	None	43060-A
Th	3:30-5:30pm	May 30 (Orientation)	Sports Center	Staff	None	None	43060-B
Tu	2:00-4:00pm	Jun 25 (Orientation)	Sports Center	Staff	None	None	43060-C
M-F	9:00am-5:00pm	Jun 3-Jun 7	Sports Center	Staff	$88	$80	43054-A
M-F	9:00am-5:00pm	Jun 10-Jun 14	Sports Center	Staff	$88	$80	43054-B
M-F	9:00am-5:00pm	Jun 17-Jun 21	Sports Center	Staff	$88	$80	43054-C
M-F	9:00am-5:00pm	Jun 24-Jun 28	Sports Center	Staff	$88	$80	43054-D
M-F	9:00am-5:00pm	Jul 1-Jul 5 *(No Camp Jul 4)*	Sports Center	Staff	$72	$64	43054-E
M-F	9:00am-5:00pm	Jul 8-Jul 12	Sports Center	Staff	$88	$80	43054-F
M-F	9:00am-5:00pm	Jul 15-Jul 19	Sports Center	Staff	$88	$80	43054-G
M-F	9:00am-5:00pm	Jul 22-Jul 26	Sports Center	Staff	$88	$80	43054-H
M-F	9:00am-5:00pm	Jul 29-Aug 2	Sports Center	Staff	$88	$80	43054-I
M-F	9:00am-5:00pm	Aug 5-Aug 9	Sports Center	Staff	$88	$80	43054-J
M-F	9:00am-5:00pm	Oct 7-Oct 11	Sports Center	Staff	$88	$80	43054-K

Teen Work Experience: Cheerleading Camp

This program provides teens an opportunity to develop leadership, organizational and supervisorial skills in a safe and fun camp environment. **Pre-requisite required: One free two-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	3:30-5:30pm	May 28 (Orientation)	Sports Center	Staff	None	None	43060-A
Th	3:30-5:30pm	May 30 (Orientation)	Sports Center	Staff	None	None	43060-B
Tu	2:00-4:00pm	Jun 25 (Orientation)	Sports Center	Staff	None	None	43060-C
M-F	9:00am-5:00pm	Jun 3-Jun 7	Sports Center	Staff	$88	$80	42016-A
M-F	9:00am-5:00pm	Jun 10-Jun 14	Sports Center	Staff	$88	$80	42016-B
M-F	9:00am-5:00pm	Jun 17-Jun 21	Sports Center	Staff	$88	$80	42016-C
M-F	9:00am-5:00pm	Jun 24-Jun 28	Sports Center	Staff	$88	$80	42016-D
M-F	9:00am-5:00pm	Jul 1-Jul 5 *(No Camp Jul 4)*	Sports Center	Staff	$72	$64	42016-E
M-F	9:00am-5:00pm	Jul 8-Jul 12	Sports Center	Staff	$88	$80	42016-F
M-F	9:00am-5:00pm	Jul 15-Jul 19	Sports Center	Staff	$88	$80	42016-G
M-F	9:00am-5:00pm	Jul 22-Jul 26	Sports Center	Staff	$88	$80	42016-H
M-F	9:00am-5:00pm	Jul 29-Aug 2	Sports Center	Staff	$88	$80	42016-I

Teen Work Experience: Aquatics

Gain skills while assisting staff during swim lessons. Our aquatics program will help participants learn valuable techniques for working with children in and around the water. Skills taught in our lessons range from toddler basics to competitive swim stroke techniques. Come join the fun. **Pre-requisite required: One free two-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#
F	4:00-6:00pm	May 17 (Orientation)	Sports Center	Staff	None	None	43057-A
F	4:00-6:00pm	Jun 7 (Orientation)	Sports Center	Staff	None	None	43057-B
M-Th	9:00am-12:00pm	Jun 10-Jun 20	Sports Center	Staff	$38	$30	43058-A
M-Th	9:00am-12:00pm	Jun 24-Jul 3 *(No Camp Jul 4)*	Sports Center	Staff	$38	$30	43058-B
M-Th	9:00am-12:00pm	Jul 8-Jul 18	Sports Center	Staff	$38	$30	43058-C
M-Th	9:00am-12:00pm	Jul 22-Aug 1	Sports Center	Staff	$38	$30	43058-D
M-Th	4:00-7:00pm	Jun 10-Jun 20	Sports Center	Staff	$38	$30	43059-A
M-Th	4:00-7:00pm	Jun 24-Jul 3 *(No Camp Jul 4)*	Sports Center	Staff	$38	$30	43059-B
M-Th	4:00-7:00pm	Jul 8-Jul 18	Sports Center	Staff	$38	$30	43059-C
M-Th	4:00-7:00pm	Jul 22-Aug 1	Sports Center	Staff	$38	$30	43059-D

Teen Work Experience: Babysitting Adventure

Gain experience with little ones in a real babysitting setting. Work side by side with Monterey Sports Center staff in the Kids Zone with children ages 6 months to 8 years old. This training provides the babysitting basics such as separation anxiety, holding an infant, and more! **Pre-requisite required: One free two-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#
W	4:00-6:00pm	May 22 (Orientation)	Sports Center	Staff	None	None	42018-A
W	4:00-6:00pm	Jun 5 (Orientation)	Sports Center	Staff	None	None	42018-B
W	4:00-6:00pm	Jul 10 (Orientation)	Sports Center	Staff	None	None	42018-C
M-F	9:00am-12:00pm	Jun 10-Jun 14	Sports Center	Staff	$33	$25	42017-A
M-F	9:00am-12:00pm	Jun 17-Jun 21	Sports Center	Staff	$33	$25	42017-B
M-F	9:00am-12:00pm	Jun 24-Jun 28	Sports Center	Staff	$33	$25	42017-C
M-F	9:00am-12:00pm	Jul 1-Jul 5 *(No Camp Jul 4)*	Sports Center	Staff	$26	$20	42017-D
M-F	9:00am-12:00pm	Jul 8-Jul 12	Sports Center	Staff	$33	$25	42017-E
M-F	9:00am-12:00pm	Jul 15-Jul 19	Sports Center	Staff	$33	$25	42017-F
M-F	9:00am-12:00pm	Jul 22-Jul 26	Sports Center	Staff	$33	$25	42017-G
M-F	9:00am-12:00pm	Jul 29-Aug 2	Sports Center	Staff	$33	$25	42017-H

MSC Fitness

Fitness Evaluation

Body fat, strength, endurance and flexibility tests using the state-of-the-art Microfit® system. These highly reliable tests follow the American College of Sports Medicine standards. Contact the Fitness Department at 646-3495 for an appointment. May require medical release.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	$80

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	$40 or included with new membership

"Jump Start" Fitness Program

One month structured exercise program including use of facility, weekly personal training sessions, pre- and post-assessments in 1st and 4th session and exercise prescription. Call Fitness Manager Bill Rothschild at 646-3492 for more information or to set up program.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	$255