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

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 12, 24 and 36 one-hour sessions prepaid.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	$60 per hour/$40 per half-hour

PERSONAL TRAINING PACKAGE FEES:

Introductory Package (3-Pack)	$155	(SAVINGS $25)
6 SESSIONS	$295	(SAVINGS $65)
12 SESSIONS	$575	(SAVINGS $145)
24 SESSIONS	$1,100	(SAVINGS $300)
36 SESSIONS	$1,480	(SAVINGS $680)

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@ci.monterey.ca.us.

For all ages.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Sports Center	Personal Trainers	$60 per one-hour/$40 per one-half hour session

Introductory Package (3-Pack)	$155	(SAVINGS $25)
6 SESSIONS	$295	(SAVINGS $65)
12 SESSIONS	$575	(SAVINGS $145)
24 SESSIONS	$1,100	(SAVINGS $300)
36 SESSIONS	$1,480	(SAVINGS $680)

Pilates Reformer Group Class

This small group class is an extension of Pilates mat work. The Allegro Reformer is used to provide added assistance or resistance to the core strengthening exercises performed. Each participant works on their own reformer (5 maximum).

For ages 14 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
Tu	6:45-7:45pm	Jun 25-Jul 16	Studio II	Staff	$93	$85	42054-A
Tu	6:45-7:45pm	Jul 23-Aug 13	Studio II	Staff	$93	$85	42054-B
Tu	6:45-7:45pm	Aug 20-Sep 10	Studio II	Staff	$93	$85	42054-C
Tu	6:45-7:45pm	Sep 17-Oct 8	Studio II	Staff	$93	$85	42054-D
Tu	6:45-7:45pm	Oct 15-Nov 5	Studio II	Staff	$93	$85	42054-E
Tu	6:45-7:45pm	Nov 12-Dec 3	Studio II	Staff	$93	$85	42054-F

Pilates/Yoga One-on-One (Private, Semi-Private and Small Group Sessions)

Certified instructors will guide you through an individualized Pilates workout or Yoga practice. Call 646-3739 to schedule an appointment.

For ages 14 and older.

DAY/TIME/SESSIONS	LOCATION	INSTRUCTOR	FEE
Appointment only	Studio I&II	Certified Staff	**Private:** Instruction is one student to one instructor. **Fee:** $75 per hour session **Semi-Private:** Instruction is two students to one instructor. MSC does not pair participants. **Fee:** $45 per person for each hour session. **Group:** Fee varies per person depending on group size. MSC does not group participants.

Triathlon Training

This six-week program is designed for all fitness levels interested in individualized and focused triathlon training. Workouts will be based on each person's needs and goals. Class meets on pool deck.

For ages 14 and older.

DAY	TIME	SESSIONS	LOCATION	INSTRUCTOR	FEE	MTY RES FEE	ACTIVITY#
M,W	6:45-8:15pm	Jul 29-Sep 4	Sports Center	Staff	$193	$185	42060-A
M,W	6:45-8:15pm	Sep 23-Oct 30	Sports Center	Staff	$193	$185	42060-B