SWIM LESSONS
Fall/Winter 2019 Swim Lesson
Walk-In and Online Registration
Residents: Monday, August 12 at 7 p.m.
Nonresidents: Tuesday, August 13 at 7 a.m.
(See page 65 for registration options)
Fees: $40R/$46NR
When registering for any lessons please add session letter/number to the activity number to indicate the session you are registering for. Parents are responsible for signing up their child(ren) in the appropriate level each session. Your child will not automatically be put into the next level if he/she passes. Sessions available A, B, C, D, G, H, and S.
AQUATIC RULES FOR YOUR SAFETY
1. All swimmers must shower before entering the pool area.
2. Children 5-years and younger must be accompanied into the water by a paying parent or an adult 18-years or over. Children 6-to-8-years-old must be accompanied by someone 12 years or older into the pool area.
3. Diving is allowed in designated areas only. No diving is allowed in water less than five feet deep.
4. No running, dunking or excessive horseplay. No spins, flips or going backwards from the side of the pool.
5. No glass is allowed in the pool area (including locker rooms, steam room and sauna.)
6. No smoking, alcoholic beverages/beverages, food, gum, or candy allowed in the pool area or locker rooms.
7. Instructions of the lifeguards must be obeyed.
8. For the safety of yourself and other please do NOT swim if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.
9. All swimmers must wear appropriate swim attire. Plastic pants or swim diapers are required for all toddlers and must be checked and changed often. Inappropriate swimwear such as thong bathing suits will not be permitted.
10. No underwater breath-holding is allowed at any time.
11. Children 5-years and younger are NOT allowed in the hot tub.
12. Adult Lap is for individuals 18 and older. However, exceptions may be made for serious younger swimmers on an individual basis and as space is available. Please call the Aquatic Specialist at 720-977-5919.
13. Children using the slide must be able to swim the width of the pool. Adults may not use the slide with their children or catch children at the bottom of the slide.
14. Only those people 18-years and older are permitted to use the steam room and sauna, except on Tuesday and Thursday nights from 8:30-9:50 p.m. children ages 12-17 will be permitted in the steam room and sauna only if accompanied by a parent or legal guardian. The sauna and steam room will close 10-minutes prior to the closure of the building.

Fall/Winter Session Dates
Monday & Wednesday
Session A*: August 19-September 18 $36R/$41.40NR No class September 2.
Session B*: September 24-October 17 $32R/$36.80NR
Tuesday & Thursday
Session C: August 20-September 19 $32R/$36.80NR
Session D**: September 24-October 17 $36R/$41.40NR
Session G: August 17-October 19 $36R/$41.40NR
Session H: August 18-October 20 $36R/$41.40NR No class September 2.
Sunday Evening*
Session E: August 18-September 16 $32R/$36.80 NR
Session F: August 18-September 16 $36R/$41.40NR
Session H: August 18-October 20 $36R/$41.40NR No class September 2.

PARENT/TOT (6 MONTHS - 3 YEARS)
This class was designed with an emphasis on safety skills, water adjustment and fun. At least one parent must accompany each child in the water.

614000-7 Mo/We A,B 5:30-6 p.m.
614000-8 Mo/We A,B 6:15-6:45 p.m.
614000-3 Tu/Th C,D 10-10:30 a.m
614000-8 Tu/Th C,D 6:15-6:45 p.m.
614000-4 Sa G 10:30-11 a.m.
614000-5 Sa G 11:15-11:45 a.m.
614000-7 Su H 5:30-6 p.m.

LEVEL I - WATER EXPLORATION
This class will orient kids to water and teach them basic swimming skills.

Ages 3-5 years
614111-6 Mo/We A,B 4:45-5:15 p.m.
614111-8 Mo/We A,B 6:15-6:45 p.m.
614111-4 Tu/Th C,D 10:30-11 a.m.
614111-6 Tu/Th C,D 4:45-5:15 p.m.
614111-7 Tu/Th C,D 5:30-6 p.m.
614111-2 Sa G 9:45-10:15 a.m.
614111-5 Sa G 11:15-11:45 a.m.
614111-7 Su H 5:30-6 p.m.
614111-8 Su H 6:15-6:45 p.m.

Ages 6+ years
614121-7 Mo/We A,B 5:30-6:10 p.m.
614121-6 Tu/Th C,D 4:45-5:25 p.m.
614121-8 Tu/Th C,D 6:15-6:55 p.m.
614121-4 Sa G 10:30-11:10 a.m.
614121-9 Su H 7-7:40 p.m.

LEVEL II - PRIMARY SKILLS
Must have passed or show competency in Level I skills. Skills taught include underwater swimming, front/back glides, deep water skills, breathing, combined stroke and safety.

Ages 3-5 years
614121-6 Mo/We A,B 4:45-5:15 p.m.
614121-7 Mo/We A,B 5:30-6 p.m.
614121-1 Tu/Th C,D 9:30-10 a.m.
614121-6 Tu/Th C,D 4:45-5:15 p.m.
614121-7 Tu/Th C,D 5:30-6 p.m.
614121-8 Tu/Th C,D 6:15-6:45 p.m.
614121-2 Sa G 9:45-10:15 a.m.
614121-4 Sa G 10:30-11 a.m.
614121-8 Su H 6:15-6:45 p.m.

Ages 6+ years
614121-6 Mo/We A,B 4:45-5:25 p.m.
614121-8 Mo/We A,B 6:15-6:55 p.m.
614121-7 Tu/Th C,D 5:30-6:10 p.m.
614121-2 Sa G 9:45-10:25 a.m.
614121-5 Sa G 11:15-11:55 a.m.
614121-8 Su H 6:15-6:55 p.m.
SWIMMING LESSONS

LEVEL III - STROKE READINESS
Must have passed or show competency in Level II skills. Skills taught include components of front/back crawl, elementary backstroke, dive from poolside, bobbing, basic rules of safe diving.

Ages 3-5 years
614311-7 Mo/We A,B 5:30-6 p.m.
614311-8 Mo/We A,B 6:15-6:45 p.m.
614311-7 Tu/Th C,D 5:30-6 p.m.
614311-8 Tu/Th C,D 6:15-6:45 p.m.
614311-4 Sa G 10:30-11 a.m.
614311-5 Sa G 11:15-11:45 a.m.
614311-8 Su H 6:15-6:45 p.m.

Ages 6+ years
614421-6 Mo/We A,B 4:45-5:25 p.m.
614421-7 Mo/We A,B 5:30-6:10 p.m.
614421-6 Tu/Th C,D 4:45-5:25 p.m.
614421-8 Tu/Th C,D 6:15-6:55 p.m.
614421-2 Sa G 9:45-10:25 a.m.
614421-3 Sa G 10:30-11:10 a.m.
614421-9 Su H 7-7:40 p.m.

LEVEL IV - STROKE DEVELOPMENT
Must have passed or show competency in Level III skills. Skills taught include endurance in elementary backstroke, front/back crawl, rotary breathing, as well as introduction to breaststroke kick and turns.

Ages 6+ years
614521-6 Mo/We A,B 4:45-5:25 p.m.
614521-7 Mo/We A,B 5:30-6:10 p.m.
614521-6 Tu/Th C,D 4:45-5:25 p.m.
614521-8 Tu/Th C,D 6:15-6:55 p.m.
614521-2 Sa G 9:45-10:25 a.m.
614521-3 Sa G 10:30-11:10 a.m.
614521-9 Su H 7-7:40 p.m.

LEVEL V - STROKE REFINEMENT
Must have passed or show competency in Level IV skills. Skills taught include endurance in elementary backstroke, front/back crawl, sidestroke, and breaststroke kick. Also covered are breathing, diving and treading water.

Ages 6+ years
614621-7 Mo/We A,B 5:30-6:10 p.m.
614621-6 Tu/Th C,D 4:45-5:25 p.m.
614621-4 Sa G 10:30-11:10 a.m.
614621-8 Su H 6:15-6:55 p.m.

LEVEL VI - STROKE PROFICIENCY
Must have passed or show competency in Level V skills. Skills taught include diving, front crawl 100-yards, back crawl 100-yards, breaststroke 25-yards, sidestroke 25-yards, butterfly, speed turn for breaststroke and flip turn for front crawl.

Ages 6+ years
614721-6 Mo/We A,B 4:45-5:25 p.m.
614721-7 Tu/Th C,D 5:30-6:10 p.m.
614721-2 Sa G 9:45-10:25 a.m.
614721-9 Su H 7-7:40 p.m.

LEVEL VII - ADVANCED SKILLS
Must have passed or show competency in Level VI skills. Skills taught include fundamentals of competitive swimming and training, swim continuously for 500-yards, front crawl 200-yards, underwater swimming 10-yards, back crawl 100-yards, breaststroke 50-yards, sidestroke 25-yards, butterfly 25-yards, backstroke flip turn, *retrieve diving brick from deepest area of pool, and *treading water for two minutes, legs only.

Ages 6+ years
614721-8 Mo/We A,B 6:15-6:55 p.m.
614721-8 Tu/Th C,D 6:15-6:55 p.m.
614721-5 Sa G 11:15-11:45 a.m.
* Satisfies precourse requirement for lifeguard certification programs.

LEVEL VIII - FITNESS SWIMMING
Have you passed Level VII swimming and want to stay active? Do you want to fine tune your competitive strokes? Join us for an all-inclusive stroke clinic to keep your stroke technique sharp during the year. Participants need to have passed or shown competency in Level VII swim skills. This class will work on stroke technique for those that know all four competitive strokes. This is an excellent class for preparing to participate in the city’s CARA swim team.

Ages 6-17
614821-9 Su H 7-7:45 p.m.

YEAR-ROUND CARA SWIM TEAM!
Our recreational swim team, affiliated with the Colorado Parks and Recreation Association, is an excellent opportunity to introduce youth, ages 6-18, to the fun and excitement of competitive swimming. Our coaches work hard to teach skills and technique that will improve efficiency in the water. They strive to promote competition as well as sportsmanship. Participants don’t have to have competitive experience, but must be able to swim a full 50-yards (two lengths) in a competitive, correct freestyle stroke and also exhibit the ability to swim for 45-minutes in a coached setting. Tryouts are held on an individual basis.

Thornton CARA swim team is currently full. As openings occur, we will contact individuals from the waitlist. If your child is 12 and under and gets called off the waitlist, individual tryouts will be held at that time.

Fee: $104R/NR per season
WAITLIST REGISTRATION
977770-WL Ages 6-18

MONTHLY PAYMENT OPTION
To make monthly payments of $26R/NR per month, you will be required to register in person and set up an automatic monthly withdrawal. The first payment will be due at time of registration. Monthly payments will be withdrawn on the third of every month.

NO REFUNDS two weeks after the new season begins.

PRACTICE SCHEDULES

• FALL SEASON (AUGUST–NOVEMBER)
WINTER SEASON (JANUARY–APRIL)
Veterans Memorial Aquatic Center
Monday/Tuesday/Thursday
Green Team: Ages 10 and under
5:30-6:15 p.m.
White Team: Ages 11-12
6:15-7 p.m.
Black Team: Ages 13-18
7-8 p.m.
Subject to change due to District 12 high school swimming.

• SUMMER SEASON (JUNE–AUGUST)
Park Village Pool
Monday–Thursday

QUESTIONS?
Please call Renee Dodson at 720-977-5917.

➤ Parents will be required to volunteer for at least one home meet per season (3) or an additional $25 fee will be added to your account at the end of each season missed.
AQUA FITNESS CLASSES AT CRC

AQUA FITNESS
Moderate- to high-intensity low-impact water exercise for all levels of fitness. Water shoes recommended.
Monday-Friday: 9-10 a.m.
Tuesday and Thursday: 5:20-6:20 p.m.

AQUA ZUMBA
Aqua Zumba® is a low-impact, high-energy aquatic exercise that blends the Zumba® philosophy with water resistance, for one pool party you shouldn’t miss!
Tuesday and Thursday 8-9 a.m.

DEEP WATER AQUA FITNESS
Slip on a flotation belt and join us in the deepend for a workout designed to improve cardiovascular fitness, flexibility, strength, muscle tone, increase fat burning and combat stress. Flotation devices provide stability, however you should feel comfortable in deep water. All levels welcome.
Monday and Wednesday: 4:30-5:30 p.m.
Saturday: 8-9 a.m.

SILVERSNEAKERS® SPLASH
SilverSneakers® Splash is a total body aqua conditioning class in a pool. The class focuses on increasing agility, range of movement and cardiovascular conditioning. Resistance choreography is done with a specially-designed SilverSneakers® kickboard. No swimming ability is required.
Monday, Wednesday & Friday: 10-11 a.m.

ADULT LEARN-TO-SWIM PROGRAM
Swimming lessons are geared-toward-adults with a variety of skill levels. Whether you have never had the opportunity to learn to swim or you are trying to improve on your skills the instructor will work with you at your level. We offer lessons Monday and Wednesday, 8:35-9:15 p.m., in a discreet environment in which adults may learn to swim when the pool is closed to the general public. Fees: $46R/$46NR
Registration dates are same as lessons.

Session A
August 19-September 18
No class September 2.
$36R/$41.40NR (9 classes)
614950-0A
Mo/We, 8:35-9:15 p.m.

Session B
September 23-October 23
614950-0B
Mo/We, 8:35-9:15 p.m.

PRIVATE SWIM LESSONS
Private swim lessons are available at the Recreation Center and are designed to address the specific needs of the swimmer. Sessions are 30-minutes, one-on-one with the instructor. Class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome. Call 303-255-7800 for information.
Fees: $24R/$28NR per 30-minute session
$66R/$78NR three 30-minute sessions

MERIT BADGE TESTING FOR SCOUTS
Is your scouting organization in need of a swimming pool in order to complete your merit badge testing? We offer a group discount as well as the help of certified instructors to assist you with requirements and testing. Groups are also invited to enjoy a “fun swim” prior to or immediately following their badge testing. Please call the Aquatics Specialist office, 720-977-5919 for available days and times.

THORNTON MASTERS SWIM TEAM
The city of Thornton is proud to bring you a top-notch Masters Swimming and Fitness program. This swim fitness program is for individuals age 18 and older who enjoy swimming in a structured program. The program benefits those who swim for fun and fitness, and those who swim for competition.
Join coaches Corinna Maleike and Carol Craft, Kate Booth and Sarah Beaugh for a program that will improve your physical fitness and refine your competitive swimming technique. The price of admission to the facility is the only fee for participation. However, those wishing to compete in Colorado Masters Swimming Association meets must pay all costs in doing so, including annual dues.
Adams 12 Veterans Memorial Aquatic Center
5310 E. 136th Ave., Thornton
Mo/We/Fr, 5:30-7 a.m.
Tu/Th, 7-8:30 p.m.
Practices are subject to cancellation due to school district holidays and closures.
Three- and six-month passes and 20-visit punch cards are available for purchase at the Carpenter Recreation Center. You must bring your punch cards/pass with you to practice in order to participate. No admittance will be given if you do not have your card. If you are new to the program and would like to try the program out before purchasing a monthly pass, the cost for a daily pass is $6 for adults (18 to 61 years) and $5 for seniors (62+).

ADULT PUNCH CARDS & PASSES (18-61 YEARS)
20-Visit Punch Card .................................. $120
3-Month Pass ............................................. $135
6-Month Pass .......................................... $235

SENIOR PUNCH CARDS & PASSES (62+)
20-Visit Punch Card .................................. $100
3-Month Pass ............................................. $115
6-Month Pass .......................................... $195

Park Village Pool (Jun-Aug)
10-Visit Punch Card: $35
Daily Pass: $3.50 per person

6 “PLEAS” FOR PROTECTION AGAINST RECREATIONAL WATER ILLNESSES (RWIS)

PLEASE do not swim when you have diarrhea. This is especially important for kids in diapers.
PLEASE do not swallow the pool water.
PLEASE practice good hygiene. Shower before swimming and wash your hands after using the toilet or changing diapers.
PLEASE take your kids on bathroom breaks or check diapers often.
PLEASE change diapers in a bathroom and not poolside.
PLEASE wash your child (especially the rear end) thoroughly with soap and water before swimming.
For more information, go to www.healthyswimming.org.

WWW.THORNTONPARKS.COM
303-538-PARK (7275)
SEPTEMBER-DECEMBER 47