Anytime, from anywhere

ONLINE

CLASS REGISTRATION

CRgov.com/registration

AQUATICS

AQUATICS STAFF

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CRUISERS SWIM TEAM

The Castle Rock Cruisers Swim Team provides an opportunity for young swimmers to be involved with a recreational swim team. Practice sessions involve development of the four competitive strokes, flip turns and starts.

Ages: 5 to 18 (as of June 1, 2012)

Prerequisites: Must be able to swim one continuous length of the pool using either freestyle or backstroke.

Registration: Saturday, April 28, 8:30 a.m. -2:30 p.m. Registrations will be accepted until May 14 or until the team is full. Registration must be done in person at the Recreation Center.

Season: May 14-July 21

Practice schedule:
Monday-Thursday, 2:30-6:30 p.m.
Monday-Friday, 7-8:30 a.m.

All practices will be held at Butterfield Crossing or Founders HOA pools. Practices are divided by age and ability.

Meet schedule
Dual meets: June 9, 16, 23 and 30 and July 7

Prelims: July 9, 10, 11

Championships: July 14

All Stars: July 21

Fees: $140 ($168 nonresident), including a $40 nonrefundable concession and insurance fee per participant.

Mandatory parent information meeting:
Tuesday, May 8, 7-8:30 p.m.

New parent/swimmer information meeting:
Tuesday, May 15, 5:30-6:30 p.m.

WATER COMFORT

For those who need to establish comfort in the water before learning to swim. If fear is your issue, this class should be taken before Adult Group Swim. Ages 16 and up.

Dates:
#13341 Jan. 7-28
#13342 Feb. 11-March 3
#13343 March 17-April 14
(No class March 31)
#13344 April 28-May 19

Saturday 8-8:55 a.m.

Fee: $33 ($43 nonresident)

ADULT GROUP SWIM

For entry-level adults. Must be comfortable submerging the head and being alone in the deep end. Ages 16 and up.

Dates:
#13331 Jan. 7-28
#13332 Feb. 11-March 3
#13333 March 17-April 14
(No class March 31)
#13334 April 28-May 19

Saturday 8:15-8:55 a.m.

Fee: $33 ($43 nonresident)

LIFEGUARD TRAINING

Prepares participants for work as professional lifeguards. Successful completion of 300-yard swim test (utilizing freestyle and breaststrokes) and a brick-retrieval exercise required at start of class for continued participation. Requirements include attendance of all classes, completion of all skills and written tests. Ages 15 and up.

	Dates:
#16004 Monday-Thursday	March 26-29 8 a.m.-5 p.m.
#16005 Friday	April 27-May 6 5-9 p.m.
Saturday/Sunday	8 a.m.-5 p.m.
#16006 Monday-Thursday	May 29-June 1 8 a.m.-5 p.m.
Fee:	$192 ($247 nonresident)

COMPETITIVE SWIM TECHNIQUES

Off-season practice for those interested in swim team. Focus on endurance, distance swimming, stroke refinement (free, breast, back and fly), racing starts, relays and turns. Two mini-meets per session. Weekly independent workout required. Prerequisites: Youth 6 swimming skills or mid to upper swim team skills.

Dates:
#18216 Jan. 14-March 3
#18218 March 24-May 19
(No class on April 14)

Saturday noon-1 p.m.

#18226 Jan. 14-March 3
#18228 March 24-May 19
(No class on April 14)

Saturday 1:30-2:30 p.m.

Fee: $75 ($90 nonresident)

LEISURE POOL SCHEDULE

Schedule is subject to change. Please call 303-660-1036 for pool availability.

	Pool, slides, play area and lazy river	Teaching area	Whirlpool and steam room
Monday	10 a.m.-7 p.m.	11 a.m.-4 p.m. | 6-7 p.m.	5 a.m.-8:45 p.m.
Tuesday	10 a.m.-7 p.m.	11 a.m.-4 p.m. | 6:40-7 p.m.	5 a.m.-8:45 p.m.
Wednesday	10 a.m.-7 p.m.	11 a.m.-4 p.m. | 6-7 p.m.	5 a.m.-8:45 p.m.
Thursday	10 a.m.-7 p.m.	11 a.m.-4 p.m. | 6:40-7 p.m.	5 a.m.-8:45 p.m.
Friday	10 a.m.-7 p.m.	10 a.m.-7 p.m.	5 a.m.-7:45 p.m.
Saturday	10 a.m.-7 p.m.	noon-7 p.m.	5 a.m.-7:45 p.m.
Sunday	10 a.m.-5 p.m.	10 a.m.-5 p.m.	7 a.m.-5:45 p.m.

LAP POOL SCHEDULE

Visit CRgov.com/aquatics for the lap pool schedule. Click Lap Pool Schedule in the left-side menu. Updates are made weekly. Weekly lap swim schedules also are available at the Recreation Center.

YOUTH CONDITIONING CLINICS

This conditioning clinic will focus on endurance for students preparing for summer swim team. Participants must be able to swim one length of the pool continuously using backstroke or freestyle.

	Dates:
#10061	March 16-April 13 (No class March 30)
#10064	April 20-May 11

Friday 7-7:45 p.m.

#10062	Feb. 13-March 5
#10065	April 16-May 7

Monday 7:30-8:20 p.m.

#10063	Feb. 15-March 7
#10066	April 18-May 9

Wednesday 7:30-8:20 p.m.

Fee: $30 ($40 nonresident)

SWIM INSTRUCTOR TRAINING

Trains individuals to teach Preschool and Youth-level swim lessons at the Recreation Center. Prerequisites: Must be 16 by the completion of the course and able to demonstrate effective stoke technique for front and back crawl, sidestroke, breaststroke, elementary backstroke and butterfly. Attendance at all classes is mandatory. Certification depends on successful completion of all skills and a written test and does not guarantee employment with the Town. Not valid at other facilities.

	Dates:
#16001	April 24-May 5

Tuesday, Thursday, Friday 6-9 p.m.

Saturday 8 a.m.-noon

Fee: $140 ($168 nonresident)

FREE DISCOVER SCUBA CLASSES

These classes provide an opportunity to try Scuba before you commit to a certification program. Registration can be done through the Recreation Center or at Planet Scuba.

	Dates:
#16204	Jan. 8
#16205	Feb. 5
#16206	March 18
#16207	April 15
#16208	May 6

Sunday 9-10:30 a.m.

Fee: FREE

SCUBA OPEN WATER DIVE PROGRAM

Planet Scuba will cover diving essentials through video, classroom instruction and pool dives that will give you the skills and knowledge to complete your Open Water Diver Certification. Open water dives are not included in the cost of this class. Call Planet Scuba, 303-688-1551, for more information or to register. Ages 10 and up.

Program 1	**Dates:**
Session 1	Jan. 11-18
Session 2	Feb. 15-22
Session 3	March 14-24
Session 4	April 18-25
Session 5	May 9-16

Wednesday	5:45-8 p.m.
Friday	6-9 p.m.
Saturday	4-7 p.m.

Program 2	**Dates:**
Session 1	Jan. 7-8
Session 2	Feb. 4-5
Session 3	March 17-18
Session 4	April 14-15
Session 5	May 5-6

Saturday/Sunday noon-7 p.m.

Fee: $225 ($249 nonresidents)

STROKE CLINICS FOR YOUTH

This stroke clinic class will focus on improving the competitive strokes before summer swim team begins. Participants must be able to swim one length of the pool continuously of the stroke the clinic is focusing on.

	Dates:	**Stroke:**
#10501	March 12, 14	Butterfly
#10502	March 19, 21	Backstroke
#10503	April 2, 4	Breaststroke
#10071	April 9, 11	Front crawl

Monday/Wednesday 7:30-8:20 p.m.

Fee: $15 ($20 nonresident)

MULTISPORT SWIM TRAINING

Multisport swim lessons are designed for entry-level nonswimmers, aspiring triathletes (competitive and noncompetitive) and elite-level swimmers. Enjoy a challenging workout in a positive, fun group setting. Expect a variety of swim sets and drills to improve technique. Swimming is a great low-impact, total-body cardio exercise.

Practice schedule:

Tuesdays	9:30-10:30 a.m.
Tuesdays/Thursdays	7:30-8:30 p.m.
Fridays	10:30-11:30 a.m.
Sundays	7:30-8:30 p.m.

Fee not included in daily admission to the Recreation Center.

Daily drop-in rate: $5.50 ($6.50 nonresident)

20-visit punch card: $90
(no expiration date) ($115 nonresident)

Monthly pass (unlimited practices for a calendar month): $45 ($54 nonresident)

SWIM LESSON REGISTRATION

Register online or by calling 720-733-2283. Do not double-register your child in order to get the class you desire. A $5 fee will be imposed on cancellations requested within three days of the beginning of the session.

PRIVATE SWIM LESSONS

Available for all ages and ability levels. Call the Aquatics Division, 720-733-2283, to complete a request form. Credit card information will be required for registration, and a $15 service charge will be imposed on all unconfirmed absences. All private and semi-private lessons are 30 minutes and scheduled based on instructor availability for the requested time(s).

Fee: (one student) $30 ($35 nonresident)

Semi-private fee: (two students, same ability) $40 ($45 nonresident)

Private lesson packages

Private lessons
Six lessons: $160 ($185 nonresident)
10 lessons: $260 ($305 nonresident)

Semi-private lessons
Six lessons: $210 ($235 nonresident)
10 lessons: $350 ($390 nonresident)

PARENT-TOT I (AGES 6-24 MONTHS)

Parents help introduce children to water using songs while learning basic body positions and holding techniques to promote water comfort. One adult per child is required in the water. Swim diapers or plastic pants must be used in place of disposable diapers.

PARENT-TOT II (AGES 2-4)

For toddlers advanced beyond Parent-Tot but not yet ready to be in the water without a parent. Skills are similar to Preschool 1 and include parents and instructors both practicing skills with toddlers to help them adjust to swimming without a parent. One adult per child is required in the water. Swim diapers or plastic pants must be used in place of disposable diapers.

PRESCHOOL CLASSES (AGES 3-5)

PRESCHOOL 1

For children new to the water or who never have taken a group swim lesson. Offers basic skills in water adjustment and body positioning. Skills taught: Submersion, front and back floats and flutter kicking, all with support. Introduces finning/sculling and front crawl arms.

PRESCHOOL 2

Prerequisites: Skills from Preschool 1. Skills taught: Front and back floats, jumping in and rhythmic breathing, all without support, as well as front and back glides, finning/sculling and rolling over, with support. Introduces front crawl arms.

PRESCHOOL 3

Prerequisites: Skills from Preschool 2. Skills taught: Bouncing to safety, glides, finning/sculling and rolling over, all without support. Introduces front and back crawl arms.

PRESCHOOL 4

Prerequisites: Skills from Preschool 3. Skills taught: Front crawl with rhythmic breathing, back crawl and elementary backstroke arms, all without support. Introduces treading, rotary breathing and whip kick.

PRESCHOOL 5

Prerequisites: Skills from Preschool 4. Skills taught: Jump into deep water, front and back crawl for 15 yards and elementary backstroke with whip kick, all without support. Introduces breaststroke arms and kick and diving.

YOUTH CLASSES (AGES 6 AND UP)

YOUTH 1

For children new to the water or who never have taken a group swim lesson. Offers basic skills in water adjustment and body positioning. Skills taught: Rhythmic breathing, submersion, floats, glides and flutter kicking, all without support. Introduces fining/sculling and rolling over.

YOUTH 2

Prerequisites: Skills from Youth 1. Skills taught: Treading water, rotary breathing and flutter kicking for 25 yards with a kickboard. Introduces front crawl.

YOUTH 3

Prerequisites: Skills from Youth 2. Skills taught: Swimming underwater, deep-water bobs, treading for 30 seconds and 25 yards of front crawl. Introduces diving.

YOUTH 4

Prerequisites: Skills from Youth 3. Skills taught: 50 yards of front crawl, treading water for 1 minute and 25 yards back crawl. Introduces elementary backstroke.

YOUTH 5

Prerequisites: Skills from Youth 4. Skills taught: 100 yards of front crawl, 50 yards of elementary backstroke and back crawl, picking up an object in deep water and 25 yards of breaststroke.

YOUTH 6

Prerequisites: Skills from Youth Level 5. Skills taught: 200 yards of front crawl, 100 yards of back crawl, 50 yards of breaststroke, treading for 5 minutes, 400 yards of nonstop swimming and 25 yards of butterfly. Introduces sidestroke.

BEGINNER DIVING (AGES 6-12)

For participants who want to learn how to dive properly and have minimal experience and understanding of diving. Skills taught: Progression of a forward dive, kneeling dive and standing dive; diving from a block and off the diving board; forward hurdle; and an assisted back approach. Prerequisite: Youth 3-level swimming skills.

INTERMEDIATE DIVING (AGES 8 AND UP)

Develops essential springboard diving skills, including the forward dive, back dive and forward somersault. Reviews Beginner Diving skills and perfects the forward approach and back press jump. Introduces twisting.

ADVANCED DIVING

Prepares divers for competitive springboard diving. Requires instructor approval for participation. Call the Aquatics Office, 720-733-2283, for more information.

WINTER/SPRING SWIM LESSONS Held at the Recreation Center.

	Monday/Wednesday *Morning and afternoon sessions* 1: Jan. 9-Feb. 1 2: Feb. 13-March 7 3: March 19-April 18 (no class March 26 or 28) 4: April 30-May 23 (two days per week for four weeks)	Tuesday/Thursday *Morning and afternoon sessions* 1: Jan. 10-Feb. 2 2:Feb. 14-March 8 3: March 20-April 19 (no class March 27 or 29) 4: May 1-24 (two days per week for four weeks)	Saturday *Morning sessions* 1: Jan. 7-28 2: Feb. 11-March 3 3: March 17-April 14 (no class March 31) 4: April 28-May 19 (one day per week for four weeks)	Monday/Thursday *Morning holiday sessions* March 26-April 5 (four days per week for two weeks)
Fees:	**25-minute classes** $38 ($47 nonresident) **40-minute classes** $51 ($67 nonresident)	**25-minute classes** $38 ($47 nonresident) **40-minute classes** $51 ($67 nonresident)	**25-minute classes** $26 ($34 nonresident) **40-minute classes** $33 ($43 nonresident)	**40-minute classes** $51 ($67 nonresident)
PARENT-TOT I (6-24 months)	#101 5:30-5:55 p.m.	#102 10:30-10:55 a.m.	#103 9:30-9:55 a.m. #104 10-10:25 a.m.	
PARENT-TOT II (ages 2-4)	#106 9-9:25 a.m.	#107 6:15-6:40 p.m.	#108 10:30-10:55 a.m. #109 11-11:25 a.m.	
PRESCHOOL 1 (ages 3-5)	#110 9:30-9:55 a.m. #111 10:30-10:55 a.m. #112 4-4:25 p.m. #113 4:30-4:55 p.m.	#114 9-9:25 a.m. #115 10-10:25 a.m. #116 4-4:25 p.m. #117 5-5:25 p.m.	#118 9-9:25 a.m. #119 11:30-11:55 a.m. #124 11-11:25 a.m.	
PRESCHOOL 2 (ages 3-5)	#130 10-10:25 a.m. #131 10:30-10:55 a.m. #132 4-4:25 p.m. #133 5:30-5:55 p.m.	#123 9-9:25 a.m. #134 9:30-9:55 a.m. #135 4:30-4:55 p.m. #137 5-5:25 p.m. #138 6:45-7:10 p.m.	#139 11-11:25 a.m. #140 10-10:25 a.m. #141 10:30-10:55 a.m.	
PRESCHOOL 3 (ages 3-5)	#144 5-5:25 p.m. #145 9-9:25 a.m.	#147 9:30-9:55 a.m. #148 4:30-4:55 p.m. #150 6:15-6:40 p.m.	#151 11:30-11:55 a.m. #152 10:00-10:25 a.m. #153 10:30-10:55 a.m.	
PRESCHOOL 4 (ages 3-5)	#154 10-10:25 a.m. #155 4:30-4:55 p.m. #156 5:30-5:55 p.m.	#157 10:30-10:55 a.m. #158 6:45-7:10 p.m.	#159 9-9:25 a.m. #160 11:30-11:55 a.m.	
PRESCHOOL 5 (ages 6 and up)	#170 9:30-9:55 a.m. #171 5-5:25 p.m.	#172 10-10:25 a.m. #173 4-4:25 p.m.	#175 9:30-9:55 a.m.	
YOUTH 1 (ages 6 and up)	#201 4-4:40 p.m.	#202 5:30-6:10 p.m. #203 6:15-6:55 p.m.	#204 10:30-11:10 a.m.	#207 10:30-11:10 a.m.
YOUTH 2 (ages 6 and up)	#215 4-4:40 p.m. #216 4:45-5:25 p.m.	#217 4:45-5:25 p.m.	#218 9:15-9:55 a.m. #219 11:15-11:55 a.m.	#222 9:45-10:25 a.m.
YOUTH 3 (ages 6 and up)	#230 4-4:40 p.m. #238 5:30-6:10 p.m.	#231 4:45-5:25 p.m. #232 5:30-6:10 p.m.	#233 9:45-10:25 a.m. #234 11:15-11:55 a.m.	#239 9-9:40 a.m. #240 10:30-11:10 a.m.
YOUTH 4 (ages 6 and up)	#245 4:45-5:25 p.m.	#246 4-4:40 p.m. #247 5:30-6:10 p.m.	#252 9-9:40 a.m. #248 10:30-11:10 a.m.	#253 9:45-10:25 a.m.
YOUTH 5 (ages 6 and up)	#260 5:30-6:10 p.m.	#261 4:00-4:40 p.m. #262 5:30-6:10 p.m.	#263 9:45-10:25 a.m.	#270 9-9:40 a.m.* *With Youth 6
YOUTH 6 (ages 6 and up)	#278 4:45-5:25 p.m.	#275 6:15-6:55 p.m.	#276 9-9:40 a.m.	#270 9-9:40 a.m.* *With Youth 5
DIVING (ages 6 and up)			#290 12:45-1:25 p.m.	
INTERMEDIATE DIVING (ages 8 and up)			#292 noon-12:40 p.m.	