

### Winter/Spring 2012 Session Dates

#### Monday & Wednesday

Session A: January 2-February 6 (no lessons 1/16)  
 Session B: February 8-March 14 (no lessons 2/20)  
 Session E: April 2-May 2

#### Tuesday & Thursday

Session C: January 3-February 2  
 Session D: February 7-March 8  
 Session F: April 3-May 3

#### Saturday

Session G: January 7-March 10  
 Session I: March 17-May 12 (no lessons 5/5)

#### Sunday Evening

Session H: January 8-March 11  
 Session J: March 18-May 20 (no lessons 4/8)

#### Winter Registration Sessions A,B,C,D,G,H

**Thornton Residents:** Monday, November 28 at 7 p.m.  
**Nonresidents:** Tuesday, November 29 at 7 a.m.

#### Spring Registration Sessions E,F,I,J

**Thornton Residents:** Monday, March 12 at 7 p.m.  
**Nonresidents:** Tuesday, March 13 at 7 a.m.

Fees: \$25R/\$30NR

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.



## CRC SWIMMING LESSONS

### 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.

114000-2	Tu/Th	C,D,F	10-10:30 a.m.
114000-3	Sa	G,I	10:30-11 a.m.
114000-4	Sa	G,I	11:15-11:45 a.m.
114000-6	Mo/We	A,B,E	5:30-6 p.m.
114000-6	Su	H,J	5:30-6 p.m.
114000-7	Mo/We	A,B,E	6:15-6:45 p.m.
114000-7	Tu/Th	C,D,F	6:15-6:45 p.m.

### LEVEL I - WATER EXPLORATION

This class will orient kids to water and teach them basic swimming skills.

#### Ages 3-5 years

114111-1	Sa	G,I	9:45-10:15 a.m.
114111-3	Tu/Th	C,D,F	10:30-11 a.m.
114111-4	Sa	G,I	11:15-11:45 a.m.
114111-5	Mo/We	A,B,E	4:45-5:15 p.m.
114111-5	Tu/Th	C,D,F	4:45-5:15 p.m.
114111-6	Tu/Th	C,D,F	5:30-6 p.m.
114111-6	Su	H,J	5:30-6 p.m.
114111-7	Mo/We	A,B,E	6:15-6:45 p.m.
114111-7	Su	H,J	6:15-6:45 p.m.

#### Ages 6+ years

114121-2	Sa	G,I	10:30-11:10 a.m.
114121-5	Tu/Th	C,D,F	4:45-5:25 p.m.
114121-6	Mo/We	A,B,E	5:30-6:10 p.m.
114121-7	Tu/Th	C,D,F	6:15-6:55 p.m.
114121-8	Su	H,J	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, finning on back, and safety.

#### Ages 3-5 years

114211-1	Tu/Th	C,D,F	9:30-10 a.m.
114211-1	Sa	G,I	9:45-10:15 a.m.
114211-3	Sa	G,I	10:30-11 a.m.
114211-5	Mo/We	A,B,E	4:45-5:15 p.m.
114211-5	Tu/Th	C,D,F	4:45-5:15 p.m.
114211-6	Mo/We	A,B,E	5:30-6 p.m.
114211-6	Tu/Th	C,D,F	5:30-6 p.m.
114211-7	Tu/Th	C,D,F	6:15-6:45 p.m.
114211-7	Su	H,J	6:15-6:45 p.m.
114211-8	Su	H,J	7-7:30 p.m.

#### Ages 6+ years

114221-1	Sa	G,I	9:45-10:25 a.m.
114221-4	Sa	G,I	11:15-11:55 a.m.
114221-5	Mo/We	A,B,E	4:45-5:25 p.m.
114221-6	Tu/Th	C,D,F	5:30-6:10 p.m.
114221-7	Mo/We	A,B,E	6:15-6:55 p.m.
114221-7	Su	H,J	6:15-6:55 p.m.

## AQUATIC RULES FOR YOUR SAFETY

**! PARENTS MUST WATCH THEIR CHILDREN AT ALL TIMES**

- All swimmers must shower before entering the pool area.
- Children 5 years and younger must be accompanied into the water by a paying parent or an adult 18 years or over. Children 6-8 years must be accompanied by someone 12 years or older into the pool area.
- Diving is allowed in designated areas only. No diving is allowed in water less than five feet deep.
- No running, dunking or excessive horseplay. No spins, flips or going backwards from the side of the pool.
- No glass is allowed in the pool area (including locker rooms steam room and sauna.)
- No smoking, alcoholic beverages/beverages, food, gum, or candy allowed in the pool area or locker rooms.
- Instructions of the lifeguards must be obeyed.
- For the safety of yourself and other please do NOT swim if you have a cold, diarrhea, excessive sunburn or unhealed abrasions.
- 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 swim wear such as a thong bathing suits will not be permitted.
- No underwater breath holding is allowed at any time.
- Children 5 years and younger are NOT allowed in the hot tub.
- 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.
- 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.
- 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.

## CRC 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

114311-3	Sa	G,I	10:30-11 a.m.
114311-4	Sa	G,I	11:15-11:45 a.m.
114311-6	Mo/We	A,B,E	5:30-6 p.m.
114311-6	Tu/Th	C,D,F	5:30-6 p.m.
114311-6	Su	H,J	5:30-6 p.m.
114311-7	Mo/We	A,B,E	6:15-6:45 p.m.
114311-7	Tu/Th	C,D,F	6:15-6:45 p.m.

#### Ages 6+ years

114321-1	Sa	G,I	9:45-10:25 a.m.
114321-3	Sa	G,I	10:30-11:10 a.m.
114321-5	Mo/We	A,B,E	4:45-5:25 p.m.
114321-5	Tu/Th	C,D,F	4:45-5:25 p.m.
114321-6	Mo/We	A,B,E	5:30-6:10 p.m.
114321-7	Tu/Th	C,D,F	6:15-6:55 p.m.
114321-8	Su	H,J	7-7:40 p.m.

### 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.

### 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, sidestroke and turns.

#### Ages 6+ years

114421-1	Sa	G,I	9:45-10:25 a.m.
114421-4	Sa	G,I	11:15-11:55 a.m.
114421-5	Mo/We	A,B,E	4:45-5:25 p.m.
114421-5	Tu/Th	C,D,F	4:45-5:25 p.m.
114421-6	Su	H,J	5:30-6:10 p.m.
114421-6	Tu/Th	C,D,F	5:30-6:10 p.m.
114421-7	Mo/We	A,B,E	6:15-6:55 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. Also covered are breathing, diving, stride jump entry and butterfly kick.

#### Ages 6+ years

114521-3	Sa	G,I	10:30-11:10 a.m.
114521-5	Tu/Th	C,D,F	4:45-5:25 p.m.
114521-6	Mo/We	A,B,E	5:30-6:10 p.m.
114521-7	Su	H,J	6:15-6:55 p.m.

**HEALTH, FITNESS & WELLNESS CLASSES**  
SEE PAGE 28 FOR DETAILS

### LEVEL VI - STROKE PROFICIENCY

Must have passed or show competency in Level V skills. Skills taught include approach and hurdle from the one-meter diving board, jump tuck from diving board, front crawl 100 yards, back crawl 100 yards, breaststroke 25 yards, sidestroke 25 yards, butterfly 10 yards, approach stroke 25 yards, breaststroke and sidestroke turn, flip turn for front crawl, pike and tuck surface dives, and safety.

#### Ages 6+ years

114621-1	Sa	G,I	9:45-10:25 a.m.
114621-5	Mo/We	A,B,E	4:45-5:25 p.m.
114621-6	Tu/Th	C,D,F	5:30-6:10 p.m.
114621-8	Su	H,J	7-7:40 p.m.

### LEVEL VII - ADVANCED SKILLS

Must have passed or show competency in Level VI skills. Skills taught include dive in pike and tuck positions, swim continuously for 500 yards, front crawl 200 yards, underwater swimming 15 yards, back crawl 100 yards, breaststroke 50 yards, sidestroke 50 yards, butterfly 25 yards, backstroke flip turn, retrieve diving brick from 10 feet of water, safety, and encouragement of lifetime fitness habits.

#### Ages 6+ years

114721-4	Sa	G,I	11:15-11:55 a.m.
114721-7	Mo/We	A,B,E	6:15-6:55 p.m.
114721-7	Tu/Th	C,D,F	6:15-6:55 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 ages 6-18 to the fun and excitement of competitive swimming. Coaches will work hard to teach skills and technique that will improve efficiency in the water. They will strive to promote competition as well as sportsmanship. Participants need not have any competitive experience, but must be able to swim 25 yards/full length of the pool without stopping crawl stroke (freestyle). Swimmers nine years old and under, who are new to the

team, will need to attend a team tryout in order to participate on the team. Tryouts will be held Wednesday, November 9, at 7 p.m. at the Carpenter Recreation Center pool prior to registration Wednesday, November 16. The practice times will be Monday, Tuesday and Thursday evenings at the Veterans Memorial Aquatic Center from 5:30-7:45 p.m.\* **Individual placement within this time frame will take place after registration.** More details will be given in a swim team brochure available at the November 16 registration. Fees include meet participations and award ribbons.



#### TRYOUTS

Wednesday, November 9, 7 p.m.  
Carpenter Recreation Center  
(new participants 9 years and under)

#### REGISTRATION

Wednesday, November 16, 7 a.m.  
Fee: \$95  
177770-A

#### PRACTICE\*

January 9-April 7  
Veterans Memorial Aquatic Center  
Mo/Tu/Th  
Green Team: 5:30-6:15 p.m.  
White Team: 6:15-7 p.m.  
Black Team: 7-7:45 p.m.



SUMMER TEAM TRYOUTS: Tuesday, May 15, 7 p.m., CRC  
SUMMER TEAM REGISTRATION: Monday, May 21, 8 a.m.

\*Practices are subject to change due to District 12 high school swimming.

## CRC AQUATICS



### 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/Thursday: 5:20-6:20 p.m.**  
**Saturday: 8:45-9:45 a.m.**

### AQUA TONE & STRETCH

A workout involving full range of motion movements with minimal impact.

**Monday/Wednesday: 5:30-6:30 p.m.**

### DEEP WATER AQUA FITNESS

A workout conducted in the deep water with minimal impact.

**Saturday: 7:45-8:45 a.m.**  
**Monday/Wednesday: 4:30-5:30 p.m.**

### SILVER SPLASH

Silver 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 specifically geared for adults who never had the opportunity to learn to swim. Water exploration, skill development and one-on-one attention provide an excellent and discreet environment in which adults may learn to swim. Class pace is dictated by the level of the class.

Fees: \$25R/\$30NR

Session A: January 2-February 6  
114840-9  
Mo/We 8:35-9:15 p.m.  
(No lessons 1/16)

Session B: February 8-March 14  
114840-9  
Mo/We 8:35-9:15 p.m.  
(No lessons 2/20)

Session E: April 2-May 2  
114840-9  
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, and class days and times are arranged between the student and the instructor. Participants of all ages and ability levels are welcome. Call the Carpenter Recreation Center at 303-255-7800 for information.

Fees: \$20R/\$23NR per 30-minute session  
\$54R/\$65NR three 30-minute sessions

**SUMMER CAMP REGISTRATION  
BEGINS JANUARY 2012!  
SEE PAGE 22 FOR DETAILS**

### 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. The only prerequisite is the ability to swim at least 10 laps.

Join coach Kevin Juliano 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.

**District 12 Veterans Memorial Aquatic Center  
5310 E. 136th Ave., Thornton**

**Mo/We/Fr, 5:30-7 a.m.**  
**Tu/Th, 8-9:30 p.m.**

**Practices are subject to cancellation due to School District holidays and closures.**

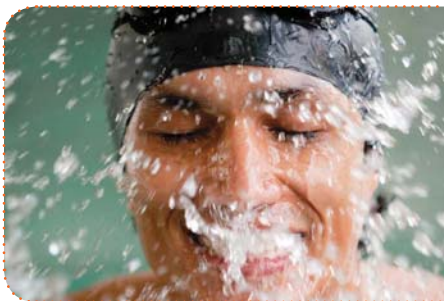
Punch cards are available for purchase ONLY at the Carpenter Recreation Center, you must bring your punch cards with you in order to swim at the Natatorium. No admittance will be given if you do not have your card. You may also purchase a one-time daily pass at the Carpenter Recreation Center if you are just wanting to try the program out before purchasing a punch card. The cost for a daily pass is \$3.50 for adults (18 to 61 years) and \$2 for seniors (62+).

#### 20-Visit Punch Cards

Adults (18 to 61 years): \$56  
Seniors (62+): \$32

#### 10-Visit Punch Cards

Adults (18 to 61 years): \$31.50  
Seniors (62+): \$18



### TRIATHLON SWIM CLINIC

Now is the time to learn or improve the fundamentals of the triathlon swim stroke. After the basics are learned and practiced (efficiency in position and propulsion) then conditioning can be built. Register for one session or both. This takes time and practice, so start now!  
Fee: \$40

176700-A Sa January 14, 21 7:30-9:30 a.m.  
176700-B Sa March 17, 24 7:30-9:30 a.m.  
Location: VMAC

**Don't let the swim leg of triathlon intimidate you! Start preparing now!**