

WINTER/SPRING 2010 AQUATICS SCHEDULES



- RIDGE RECREATION CENTER (303-409-2333)

SCHEDULES & FEES ARE SUBJECT TO CHANGE. ALL AREAS OF THE POOL NOT AVAILABLE FOR EACH ACTIVITY.

RIDGE ACTIVITY Pool • 86°- 87° • JAN 2 – MAY 28, 2010							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN SWIM	10:00am-5:30pm	10:30am-9:00pm ¹	10:30am-9:00pm ¹	10:30am-9:00pm ¹	10:30am-9:00pm ¹	10:30am-9:00pm	Noon-5:30pm
WATER WALKING		7:00-10:30am Current Channel	7:00-10:30am Current Channel	7:00-10:30am Current Channel	7:00-10:30am Current Channel	7:00-10:30am Current Channel	
LEARN TO SWIM		9:00-10:00am 4:30-6:30pm ¹	9:00-10:00am 4:30-6:30pm ¹	9:00-10:00am 4:30-6:30pm ¹	9:00-10:00am 4:30-6:30pm ¹		9:00am-Noon
INFANT SWIM RESOURCE		6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	
RENTALS	5:30pm-CLOSE						5:30pm-CLOSE

¹ Water features will be turned off 4:30-6:30pm Mondays through Thursdays during lessons.

RIDGE LAP Pool • 81°- 83° • JAN 2 – MAY 28, 2010							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADULT LAP SWIM (Ages 18 & up)	Noon-5:30pm	5:30am-3:00pm 7:00-9:00pm	5:30am-3:00pm 7:00-8:00pm	5:30am-3:00pm 7:00-9:00pm	5:30am-3:00pm 7:00-8:00pm	5:30am-3:00pm 7:00-9:00pm	Noon-5:30pm
OPEN SWIM	1:00-5:30pm	11:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 8:00-9:00pm	10:30am-3:00pm 4:30-9:00pm	1:00-5:30pm
WATER WALKING	11:00am-1:00pm		10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	
FITNESS		8:30-9:30am Aqua Zumba	8:30-9:30am Splash Aerobics 7:00-8:00pm Splash Aerobics	8:30-9:30am Aqua Zumba	8:30-9:30am Splash Aerobics 7:00-8:00pm Splash Aerobics		
MASTERS	9:00-11:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	5:30-7:00am	7:30-9:00am
LEARN TO SWIM		4:30-6:40pm	4:30-6:40pm	4:30-6:40pm	4:30-6:40pm		9:00am-Noon
FOOTHILLS SWIM TEAM		4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	
HIGH SCHOOL (JAN – MAY)		3:00-4:30pm 8:00-9:30pm Share w/Open Swim	3:00-4:30pm 8:00-9:30pm Share w/Open Swim	3:00-4:30pm	3:00-4:30pm 8:00-9:30pm Share w/Open Swim	3:00-4:30pm	
DIVE TEAMS	Altitude 2:30-5:00pm Share w/Open Swim	Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim	Altitude 7:30-8:00pm 8:00-9:00pm Share w/Open Swim	Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim	Altitude 7:30-8:00pm 8:00-9:00pm Share w/Open Swim	Altitude 6:00-8:00pm Share w/Open Swim	Altitude 2:30-5:00pm Share w/Open Swim
SCUBA	9:00am-1:00pm						8:30am-1:00pm
CARA SWIM TEAM		4:30-5:30pm	5:30-6:30pm 6:30-7:30pm	4:30-5:30pm	5:30-6:30pm 6:30-7:30pm		
ELITE TRI		10:00-11:30am					3:00-4:30pm

RIDGE THERAPY Pool • 90°- 91° • JAN 2 – MAY 28, 2010 (NOTE: THERAPY POOL USE IS DESIGNED ONLY FOR THOSE WITH THERAPUTIC NEEDS & SCHEDULED CLASSES.)							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN THERAPY	1:00-5:30pm	11:30am-1:00pm 2:00-5:15pm 5:45-9:00pm	11:00am-4:30pm 6:30-9:00pm	11:30am-1:00pm 2:00-5:15pm 7:00-9:00pm	11:00am-5:15pm 5:45-9:00pm	10:00am-1:00pm 2:00-9:00pm	1:00-5:30pm
WATER WALKING	11:00am-1:00pm	8:00-10:30am	8:00-10:00am	8:00-10:30am	8:00-10:00am	8:00-10:00am	11:00am-1:00pm
SWIM LESSONS		5:15-5:45pm	4:30-6:30pm	5:15-5:45pm	5:15-5:45pm		9:00-9:30am 10:30-11:00am
ADAPTIVE SWIM							9:30-10:30am
POOLATES			10:00-11:00am	10:30-11:30am 6:00-7:00pm	10:00-11:00am		
MOVING FOR LIFE		1:00-2:00pm		1:00-2:00pm		1:00-2:00pm	
RENTAL		10:30-11:30am					

WINTER/SPRING 2010



AQUATICS SCHEDULES - LILLEY GULCH RECREATION CENTER (303-409-2500)

SCHEDULES & FEES ARE SUBJECT TO CHANGE. ALL AREAS OF THE POOL NOT AVAILABLE FOR EACH ACTIVITY.

LILLEY GULCH POOL • 84°- 86° • JAN 2 – JUN 4, 2010							
ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
ADULT LAP SWIM (Ages 18 & up)	Noon-1:00pm	6:00-8:30am ¹ 11:30am-1:00pm ² 6:00-7:00pm 3 lanes	11:30am-1:00pm ² 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes	6:00-8:30am ¹ 11:30am-1:00pm ² 6:00-7:00pm 3 lanes	11:30am-1:00pm ² 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes	6:00-8:30am ¹ 11:30am-1:00pm ² 6:30-8:00pm 3 lanes	Noon-1:00pm
OPEN SWIM	1:00-3:00pm					6:30-8:00pm 3 lanes	1:00-3:00pm
PARENT/CHILD OPEN SWIM (2½ ft water ONLY)		11:30am-1:00pm ²	11:30am-1:00pm ²	11:30am-1:00pm ²	11:30am-1:00pm ²	11:30am-1:00pm ²	
WATER WALKING	10:30am-Noon						
LEARN TO SWIM		4:00-6:00pm 3 lanes		4:00-6:00pm 3 lanes			9:00am-Noon
FOOTHILLS SWIM TEAM		5:00-7:00pm 3 lanes	4:30-5:30pm 3 lanes 5:30-6:30 6 lanes	5:00-7:00pm 3 lanes	4:30-5:30pm 3 lanes 5:30-6:30 6 lanes	4:30-5:00pm 3 lanes 5:00-6:30pm 6 lanes	
CARA SWIM TEAM			6:30-7:30pm 6 lanes		6:30-7:30pm 6 lanes		
HIGH SCHOOL (JAN-MAY)		5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-5:00pm 3 lanes 7:00-9:30pm 6 lanes	5:30-7:00am 6 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 3 lanes 8:00-8:30pm 3 lanes 8:30-9:30pm 6 lanes	5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:00pm 6 lanes 4:00-5:00pm 3 lanes 7:00-9:30pm 6 lanes	5:30-7:00am 6 lanes 3:00-4:00pm 6 lanes 4:00-4:30pm 3 lanes 8:00-8:30pm 3 lanes 8:30-9:30pm 6 lanes	5:30-6:00am 6 lanes 6:00-7:00am 3 lanes 3:00-4:30pm 6 lanes 4:30-5:00pm 3 lanes 8:00-9:30pm 6 lanes	
FITNESS		8:30-9:30am Splash Aerobics 9:30-10:30am AquaTone 1:00-2:00pm Deep Water		8:30-9:30am Splash Aerobics 9:30-10:30am AquaTone 1:00-2:00pm Deep Water		8:30-9:30am Splash Aerobics 9:30-10:30am AquaTone 1:00-2:00pm Deep Water	
CLOSED		10:30-11:30am 2:00-3:00pm	6:00-11:30am 1:00-3:00pm	10:30-11:30am 2:00-3:00pm	6:00-11:30am 1:00-3:00pm	10:30-11:30am 2:00-3:00pm	

¹ Three lanes available 6:00-7:00am

² 2½ ft. section available to parents with children ages five and under. **Parents MUST accompany child into the water.**

WINTER/SPRING 2010

AQUATICS LESSONS

- RIDGE RECREATION CENTER (303-409-2333)



Foothills
Park & Recreation District

You MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG). SCHEDULES & FEES ARE SUBJECT TO CHANGE.

RIDGE POOL LESSON PROGRAM						
<p>These classes are progressive. Swimmers must show competency in skills before advancing to the next level.</p>	<p>MONDAY/WEDNESDAY SESS# 1: JAN 11-FEB 10 2: FEB 15-MAR 17 3: APR 5-MAY 5 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons</p>		<p>TUESDAY/THURSDAY SESS# 4: JAN 12-FEB 11 5: FEB 16-MAR 18 6: APR 6-MAY 6 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons</p>		<p>SATURDAY SESS# 7: JAN 16-FEB 13 8: FEB 20-MAR 20 9: APR 10-MAY 8 Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons</p>	
	ACTIVITY	ACT#	TIME	ACT#	TIME	ACT#
MOMMY, DADDY & ME (Ages 6 months-3 years)	3200	5:15-5:45pm	3220	5:15-5:45pm	3240 3241	9:00-9:30am 10:30-11:00am
LEVEL I TINY TUNAS (Age 3 only)	3201	9:30-10:00am	3221	9:30-10:00am	3242	9:45-10:15am
	3202	4:30-5:00pm	3222	5:15-5:45pm	3243	11:15-11:45am
	3203	5:15-5:45pm				
LEVEL I GOLDFISH (Ages 3-5)	3204	9:00-9:30am	3223	9:00-9:30am	3244	9:45-10:15am
	3205	4:30-5:00pm	3224	5:15-5:45pm	3245	10:30-11:00am
	3206	6:00-6:30pm	3225	6:00-6:30pm	3246	11:15-11:45am
LEVEL I SEALS (Ages 6 & up)	3207	4:30-5:10pm			3247	9:45-10:25am
LEVEL II ANGELFISH (Ages 4-5)	3208	9:00-9:30am	3226	9:00-9:30am	3248	9:00-9:30am
	3209	5:15-5:45pm	3227	5:15-5:45pm	3249	10:30-11:00am
	3277	6:00-6:30pm	3228	6:00-6:30pm		
LEVEL II WHALES (Ages 6 & up)	3210	4:30-5:10pm	3229 3230	4:30-5:10pm 6:00-6:40pm	3250 3251	9:00-9:40am 9:45-10:25am
LEVEL III STARFISH (Ages 4-5)	3211	9:30-10:00am	3231	9:30-10:00am	3252	9:00-9:30am
	3212	5:15-5:45pm	3238	6:00-6:30pm	3261	11:15-11:45am
LEVEL III DOLPHINS (Ages 6 & up)	3213	5:15-5:55pm	3233 3234	4:30-5:10pm 5:15-5:55pm	3253 3254 3255	9:00-9:40am 9:45-10:25am 11:15-11:55am
	3214	4:30-5:10pm	3235	4:30-5:10pm	3256	9:45-10:25am
	3215	6:00-6:40pm	3236	6:00-6:40pm	3257	10:30-11:10am
LEVEL IV - INTERMEDIATE SWIMMER (passed Level III - DOLPHINS)						
Level V - ADVANCED SWIMMER (passed Level IV)	3216	6:00-6:40pm	3237	4:30-5:10pm	3258 3259	10:30-11:10am 11:15-11:55am
LEVEL VI - COMPETITIVE SWIMMER (passed Level V)	3219	6:00-6:40pm	3239	4:30-5:10pm	3260	11:15-11:55am
ADULT/TEEN BEGINNING SWIMMER (Ages 13 & up)					3262	10:30-11:10am
ADULT/TEEN SWIMMING REFINEMENT (Ages 13 & up)					3263	9:00-9:40am

• LESSON FEES DO NOT INCLUDE OPEN SWIM FEES •

WINTER/SPRING 2010



AQUATICS LESSONS

- LILLEY GULCH RECREATION CENTER (303-409-2500)

You MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG). SCHEDULES & FEES ARE SUBJECT TO CHANGE.

LILLEY GULCH POOL LESSON PROGRAM					
<p>These classes are progressive. Swimmers must show competency in skills before advancing to the next level.</p>	MONDAY/WEDNESDAY		SATURDAY		
	<p>SESS# 1: JAN 11-FEB 10 2: FEB 15-MAR 17 3: APR 5-MAY 5 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons</p>		<p>SESS# 7: JAN 16-FEB 13 8: FEB 20-MAR 20 9: APR 10-MAY 8 Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons</p>		
ACTIVITY	ACT#	TIME	ACT#	TIME	
MOMMY, DADDY & ME (Ages 6 months-3 years)	4103	5:30-6:00pm	4129 4130	9:45-10:15am 10:30-11:00am	
LEVEL I	TINY TUNAS (Age 3 only)	4102	4:45-5:15pm	4131 4132	9:00-9:30am 9:45-10:15am
	GOLDFISH (Ages 3-5)	4105	4:00-4:30pm	4133	10:30-11:00am
		4106	5:30-6:00pm	4134	11:15-11:45am
SEALS (Ages 6 & up)			4135	9:00-9:40am	
LEVEL II	ANGELFISH (Ages 4-5)	4108	5:30-6:00pm	4136 4137	9:45-10:15am 11:15-11:45am
	WHALES (Ages 6 & up)	4109	4:00-4:40pm	4138 4139	9:45-10:25am 10:30-11:10am
LEVEL III	STARFISH (Ages 4-5)	4111	5:30-6:00pm	4140	10:30-11:00am
	DOLPHINS (Ages 6 & up)	4112	4:00-4:40pm	4141	9:00-9:40am
4113		4:45-5:25pm			
LEVEL IV - INTERMEDIATE SWIMMER (passed Level III - DOLPHINS)	4114	4:00-4:40pm	4142	9:00-9:40am	
Level V - ADVANCED SWIMMER (passed Level IV)	4115	4:45-5:25pm	4143	11:15-11:55am	
LEVEL VI - COMPETITIVE SWIMMER (passed Level V)	4149	4:45-5:25pm	4151	11:15-11:55am	

• **LESSON FEES DO NOT INCLUDE OPEN SWIM FEES** •

WINTER/SRING 2010



AQUATICS

– COMPETITIVE/TRAINING/SPECIALIZED CLASSES

NOTE: YOU MUST REGISTER FOR THESE CLASSES (WWW.IFOOTHILLS.ORG)

– CARA TEAM PRACTICE SCHEDULES

SCHEDULES & FEES ARE SUBJECT TO CHANGE.

AQUATICS – COMPETITIVE / TRAINING / SPECIALIZED CLASSES SCHEDULES

• **ADAPTIVE SWIM** – FEE: \$30 (DISTRICT RATE: \$24)

303-409-2333 • Ridge Recreation Center

3272-1 FEB 20 – MAR 20 SAT 9:30 – 10:15 a.m.

• **LIFEGUARD TRAINING** – FEE: \$210 (DISTRICT RATE: \$160)

303-409-2333 • Ridge Recreation Center

3265-1 JAN 23 – FEB 20 SAT 9 a.m. – 5 p.m.

3265-2 MAR 29 – APR 2 MON – FRI 9 a.m. – 5 p.m.

3265-3 APR 3 – MAY 1 SAT 9 a.m. – 5 p.m.

• **LIFEGUARD TRAINING INSTRUCTOR** – FEE: \$210 (DISTRICT RATE: \$160)

303-409-2333 • Ridge Recreation Center

3266-1 JAN 9 –19 SAT 10 a.m. – 5 p.m.
and **TUE/THU 5 – 7:30 p.m.**

• **WATER SAFETY INSTRUCTOR** – FEE: \$210 (DISTRICT RATE: \$160)

303-409-2333 • Ridge Recreation Center

3270-1 FEB 21 – MAR 21 SUN 9 a.m. – 5 p.m.

• **SWIM INSTRUCTION & ENDURANCE TRAINING – FOR ADULTS & TRIATHLETES**

– FEE: \$75 (DISTRICT RATE: \$60)

303-933-0047 • Ridge Recreation Center

3273-1 APR 11 – MAY 2 SUN 10:45 a.m. – Noon

AQUATICS – CARA TEAM PRACTICE SCHEDULES

PRACTICES ARE HELD AT THE FOLLOWING LOCATIONS:

• **LILLEY GULCH POOL**

303-409-2500 • 6147 S. Holland Way (Kipling and Bowles) Littleton

4190-1 JAN 12 – MAY 6 TUE/THU 6:30 – 7:30 p.m.

• **RIDGE RECREATION CENTER POOL**

303-409-2333 • 6613 S Ward Street (Ward Street & Simms) Littleton

3269-1 JAN 11 – MAY 5 MON/WED 4:30 – 5:30 p.m.

3271-1 JAN 12 – MAY 6 TUE/THU 5:30 – 6:30 p.m.

3268-1 JAN 12 – MAY 6 TUE/THU 6:30 – 7:30 p.m.

FEE: \$200 (District Rate: \$165)

No practices MAR 29 – APR 2 (Spring Break)