

# FALL 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° • AUG 30 – DEC 31, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>OPEN SWIM</b>	10:00am-5:30pm	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm <sup>1</sup>	10:30am-9:00pm	Noon-5:30pm
<b>WATER WALKING</b>		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	
<b>SWIM LESSONS</b>		9:00-10:00am 4:30-6:30pm <sup>1</sup>	9:00-10:00am 4:30-6:30pm <sup>1</sup>	9:00-10:00am 4:30-6:30pm <sup>1</sup>	9:00-10:00am 4:30-6:30pm <sup>1</sup>		9:00am-Noon
<b>INFANT SWIM RESOURCE</b>		6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	6:00-10:30am	
<b>RENTALS</b>	5:30pm-CLOSE						5:30pm-CLOSE

<sup>1</sup> Water features will be turned off 4:30-6:30pm MON – THU during lessons.

### RIDGE LAP Pool • 81°- 83° • AUG 30 – DEC 31, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADULT LAP SWIM</b> (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
<b>OPEN SWIM</b>	1:00-5:30pm	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 8:00-9:00pm	10:30am-3:00pm 4:30-9:00pm	1:00-5:30pm
<b>WATER WALKING</b>	11:00am-1:00pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	10:30am-12:30pm	
<b>FITNESS</b>		8:30-9:30am Aqua Zumba	8:30-9:30am Splash Aerobics  7:00-8:00pm Splash Aerobics		8:30-9:30am Splash Aerobics  7:00-8:00pm Splash Aerobics		
<b>MASTERS</b>	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
<b>SWIM LESSONS</b>		4:30-6:40pm	4:30-6:40pm	4:30-6:40pm	4:30-6:40pm		9:00am-Noon
<b>FOOTHILLS SWIM TEAM</b>		4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	4:30-7:00pm	
<b>HIGH SCHOOL (NOV-DEC)</b>		3:00-4:30pm  8:30-9:30pm 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	
<b>DIVE TEAMS</b>	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
<b>SCUBA</b>	9:00am-1:00pm						8:30am-1:00pm
<b>CARA SWIM TEAM</b>		4:30-5:30pm	5:30-6:30pm 6:30-7:30pm	4:30-5:30pm	5:30-6:30pm 6:30-7:30pm		

### RIDGE THERAPY Pool \* • 90° – 91° • AUG 30 – DEC 31, 2010

\*NOTE: THERAPY POOL USE IS ONLY FOR THOSE WITH THERAPUTIC NEEDS & SCHEDULED CLASSES.

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>OPEN THERAPY</b>	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
<b>WATER WALKING</b>	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
<b>SWIM LESSONS</b>		5:15-5:45pm	4:30-6:30pm	5:15-5:45pm	5:15-5:45pm		9:00-9:30am 10:30-11:00am
<b>ADAPTIVE SWIM</b>							9:30-10:30am
<b>POOLATES</b>			10:00-11:00am	10:30-11:30am 6:00-7:00pm	10:00-11:00am		
<b>MOVING FOR LIFE</b>		1:00-2:00pm		1:00-2:00pm		1:00-2:00pm	
<b>RENTAL</b>		10:30-11:30am					

# FALL 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° • SEP 7 – DEC 31, 2010

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
<b>ADULT LAP SWIM</b> (Ages 18 & up)	Noon-1:00pm	6:00-8:30am <sup>1</sup> 11:30am-1:00pm <sup>2</sup> 6:00-7:00pm 3 lanes	11:30am-1:00pm <sup>2</sup> 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes	6:00-8:30am <sup>1</sup> 11:30am-1:00pm <sup>2</sup> 6:00-7:00pm 3 lanes	11:30am-1:00pm <sup>2</sup> 4:00-5:30pm 3 lanes 7:30-8:00pm 6 lanes 8:00-8:30pm 3 lanes	6:00-8:30am <sup>1</sup> 11:30am-1:00pm <sup>2</sup> 6:30-8:00pm 3 lanes	Noon-1:00pm
<b>OPEN SWIM</b>	1:00-3:00pm					6:30-8:00pm 3 lanes	1:00-3:00pm
<b>WATER WALKING</b>	10:30am-Noon						
<b>SWIM LESSONS</b>		4:00-6:00pm 3 lanes		4:00-6:00pm 3 lanes			9:00am-Noon
<b>FOOTHILLS SWIM TEAM</b>		5:00-7:00pm 3 lanes	4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes	5:00-7:00pm 3 lanes	4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes	4:30-6:30pm 6 lanes	
<b>CARA SWIM TEAM</b>			6:30-7:30pm 6 lanes		6:30-7:30pm 6 lanes		
<b>HIGH SCHOOL (NOV-DEC)</b>		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 3:00-4:00pm 6 lanes 4:00-4:30pm 6 lanes	
<b>FITNESS</b>		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	
<b>CLOSED</b>		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 2:00-3:00pm	10:30-11:30am 2:00-3:00pm	

<sup>1</sup> Three lanes available 6:00-7:00am NOV & DEC

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

**LILLEY GULCH POOL WILL BE CLOSED AUG 30 – SEP 6 FOR ANNUAL MAINTENANCE & REPAIRS.**

# FALL 2010

## AQUATICS LESSONS - RIDGE RECREATION CENTER (303-409-2333)



**YOU MUST REGISTER FOR THESE CLASSES. SCHEDULES & FEES ARE SUBJECT TO CHANGE.**

<b>RIDGE POOL LESSON PROGRAM</b>								
<p>These classes are progressive. Swimmers must show competency in skills before advancing to the next level.</p>	<p><b>MON/WED*</b> SESS# 1: SEP 8 – OCT 11 2: OCT 13 – NOV 15 3: NOV 17 – DEC 20 *CLASSES START on WED CLASSES END on MON <b>Fee: \$60 (District Rate: \$48)</b> 5 weeks - 10 lessons</p>	<p><b>TUE/THU*</b> SESS# 4: SEP 2 – OCT 5 5: OCT 7 – NOV 9 6: NOV 11 – DEC 16** * CLASSES START on THU CLASSES END on TUE **No class NOV 25 <b>Fee: \$60 (District Rate: \$48)</b> 5 weeks - 10 lessons</p>	<p><b>SAT</b> SESS# 7: SEP 11 – OCT 9 8: OCT 16 – NOV 13 9: NOV 20 – DEC 18 <b>Fee: \$30 (District Rate: \$24)</b> 5 weeks - 5 lessons</p>	<p><b>SUN</b> SESS# 7: SEP 12 – OCT 10 8: OCT 17 – NOV 14 9: NOV 21 – DEC 19 <b>Fee: \$30 (District Rate: \$24)</b> 5 weeks - 5 lessons</p>				
ACTIVITY	ACT#	TIME	ACT#	TIME	ACT#	TIME	ACT#	TIME
<b>MOMMY, DADDY &amp; ME</b> (Ages 6 months-3 years)	3401	5:15-5:45pm	3421	5:15-5:45pm	3441 3442	9:00-9:30am 10:30-11:00am		
<b>LEVEL I</b>	<b>TINY TUNAS</b> (Age 3 ONLY)	3402 3403 3404	9:30-10:00am 4:30-5:00pm 5:15-5:45pm	3422 3423	9:30-10:00am 5:15-5:45pm	3443 3444	9:45-10:15am 11:15-11:45am	3471 9:00-9:30am
	<b>GOLDFISH</b> (Ages 3-5)	3405 3406 3407	9:00-9:30am 4:30-5:00pm 6:00-6:30pm	3424 3425 3426	9:00-9:30am 5:15-5:45pm 6:00-6:30pm	3445 3446 3447	9:45-10:15am 10:30-11:00am 11:15-11:45am	3472 9:00-9:30am
	<b>SEALS</b> (Ages 6 & up)	3408	4:30-5:10pm			3448	9:45-10:25am	
<b>LEVEL II</b>	<b>ANGELFISH</b> (Ages 4-5)	3409 3410 3429	9:00-9:30am 5:15-5:45pm 6:00-6:30pm	3427 3428 3429	9:00-9:30am 5:15-5:45pm 6:00-6:30pm	3449 3450	9:00-9:30am 10:30-11:00am	3473 9:30-10:00am
	<b>WHALES</b> (Ages 6 & up)	3411	4:30-5:10pm	3430 3431	4:30-5:10pm 6:00-6:40pm	3451 3452	9:00-9:40am 9:45-10:25am	
	<b>STARFISH</b> (Ages 4-5)	3412 3413	9:30-10:00am 5:15-5:45pm	3432 3433	9:30-10:00am 6:00-6:30pm	3453 3462	9:00-9:30am 11:15-11:45am	3474 9:30-10:00am
<b>LEVEL III</b>	<b>DOLPHINS</b> (Ages 6 & up)	3414	5:15-5:55pm	3434 3435	4:30-5:10pm 5:15-5:55pm	3454 3455 3456	9:00-9:40am 9:45-10:25am 11:15-11:55am	
	<b>LEVEL IV - INTERMEDIATE SWIMMER</b> (passed Level III – Dolphins)	3415 3416	4:30-5:10pm 6:00-6:40pm	3436 3439	4:30-5:10pm 6:00-6:40pm	3457 3458	9:45-10:25am 10:30-11:10am	
	<b>Level V - ADVANCED SWIMMER</b> (passed Level IV)	3417	6:00-6:40pm	3437	4:30-5:10pm	3459 3460	10:30-11:10am 11:15-11:55am	
<b>LEVEL VI - COMPETITIVE SWIMMER</b> (passed Level V)	3419	6:00-6:40pm	3440	4:30-5:10pm	3461	11:15-11:55am		
<b>ADULT/TEEN BEGINNING SWIMMER</b> (Ages 13 & up)					3463	10:30-11:10am		
<b>ADULT/TEEN SWIMMING REFINEMENT</b> (Ages 13 & up)					3464	9:00-9:40am		

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

# FALL 2010



## AQUATICS LESSONS - LILLEY GULCH

RECREATION CENTER (303-409-2500)

You MUST REGISTER FOR THESE CLASSES. 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>	MON/WED*		SAT	
	<p>SESS# 1: SEP 8 – OCT 11 2: OCT 13 – NOV 15 3: NOV 17 – DEC 20</p> <p>*NOTE: All MON/WED sessions begin on WEDs and end on MONs. Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons</p>	<p>SESS# 7: SEP 11 – OCT 9 8: OCT 16 – NOV 13 9: NOV 20 – DEC 18</p> <p>Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons</p>		
ACTIVITY	ACT#	TIME	ACT#	TIME
MOMMY, DADDY & ME (Ages 6 months-3 years)	6100	5:30-6:00pm	6129 6130	9:45-10:15am 10:30-11:00am
LEVEL I	TINY TUNAS (Age 3 ONLY)	6103 4:45-5:15pm	6131 6132	9:00-9:30am 9:45-10:15am
	GOLDFISH (Ages 3-5)	6105 4:00-4:30pm	6133	10:30-11:00am
		6106 5:30-6:00pm	6134	11:15-11:45am
SEALS (Ages 6 & up)		6135	9:00-9:40am	
LEVEL II	ANGELFISH (Ages 4-5)	6108 5:30-6:00pm	6136 6137	9:45-10:15am 11:15-11:45am
	WHALES (Ages 6 & up)	6109 4:00-4:40pm	6138 6139	9:45-10:25am 10:30-11:10am
LEVEL III	STARFISH (Ages 4-5)	6111 5:30-6:00pm	6140	10:30-11:00am
	DOLPHINS (Ages 6 & up)	6112 4:00-4:40pm	6141	9:00-9:40am
6113 4:45-5:25pm				
LEVEL IV - INTERMEDIATE SWIMMER (passed Level III – Dolphins)	6114	4:00-4:40pm	6142	9:00-9:40am
Level V - ADVANCED SWIMMER (passed Level IV)	6115	4:45-5:25pm	6143	11:15-11:55am
LEVEL VI - COMPETITIVE SWIMMER (passed Level V)	6149	4:45-5:25pm	6144	11:15-11:55am

• LESSON FEES DO NOT INCLUDE OPEN SWIM FEES •

## AQUATICS

– **COMPETITIVE/TRAINING/SPECIALIZED CLASSES** (YOU MUST REGISTER FOR THESE CLASSES)

– **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  
**3489-1 SEP 11 – OCT 9 SAT: 9:30 – 10:15am**
- **LIFEGUARD TRAINING** – FEE: \$210 (DISTRICT RATE: \$160)  
303-409-2333 • Ridge Recreation Center  
**3400-1 DEC 27 – 31 MON-FRI: 9 am – 5 p.m.**
- **LIFEGUARD TRAINING INSTRUCTOR** – FEE: \$210 (DISTRICT RATE: \$160)  
303-409-2333 • Ridge Recreation Center  
**3483-1 OCT 23 – NOV 2 SAT: 10 am – 5 p.m.**  
**and TUE/THU: 5 – 7:30 p.m.**
- **SWIM INSTRUCTION & ENDURANCE TRAINING – FOR ADULTS & TRIATHLETES**  
– FEE: \$75 (DISTRICT RATE: \$60)  
720-373-7694 • Ridge Recreation Center  
**3491-1 OCT 31 – NOV 21 SUN: 10:45 am – Noon**
- **WATER SAFETY INSTRUCTOR** – FEE: \$210 (DISTRICT RATE: \$160)  
303-409-2333 • Ridge Recreation Center  
**3484-1 OCT 17 – NOV 21 SUN: 9 am – 5 p.m. (No class OCT 31)**
- **FLIP N DIP – NEW! (AGES 3 – 4)** – FEE: \$60 (DISTRICT RATE: \$48)  
303-409-2506 • Lilley Gulch Recreation Center  
(See Page 32 in Fall 2010 – Winter/Spring 2011 District Catalog for details)  
**6632-1 SEP 13 – OCT 11 MON: 1:30 – 2:35 p.m.**  
**6632-2 OCT 18 – NOV 15 MON: 1:30 – 2:35 p.m.**  
**6632-3 NOV 22 – DEC 20 MON: 1:30 – 2:35 p.m.**

### 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  
**3490-1 SEP 7 – DEC 16 TUE/THU: 6:30 – 7:30 p.m.**

#### • **RIDGE RECREATION CENTER POOL**

303-409-2333 • 6613 S Ward Street (Ward Street & Simms) Littleton  
**3486-1 SEP 8 – DEC 15 MON/WED: 4:30 – 5:30 p.m.**  
**3488-1 SEP 7 – DEC 16 TUE/THU: 5:30 – 6:30 p.m.**  
**3482-1 SEP 7 – DEC 16 TUE/THU: 6:30 – 7:30 p.m.**

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

**No practices NOV 24, 25**