

AQUATICS



FALL HOURS 2011 AUG 29 – DEC 31*

*LILLEY GULCH FALL HOURS BEGIN SEP 6

WINTER BREAK: DEC 19 – JAN 3

MODIFIED HOURS – 7:00AM - 4:30PM

MON	SEP 5	Labor Day / Ridge Pools
THU	NOV 24	Thanksgiving / Ridge Pools (5:30am-1:00pm)
SAT	DEC 24	Christmas Eve / Ridge Pools
SAT	DEC 31	New Year's Eve / Ridge Pools

SPECIAL HOURS – FOR JEFFCO SWIM MEETS

RIDGE LAP POOL CLOSURES AT 3:00pm

FRI	DEC 2, 2011
FRI	DEC 9, 2011
FRI	JAN 6, 2012
FRI	JAN 20, 2012
FRI	JAN 27, 2012

MASTERS SWIM MEET
SUN OCT 2, 2011*
CARA SWIM MEET
SUN NOV 20, 2011*
*Lap Pool Closed until 1pm

CLOSURES – 2011

MON-SUN	AUG 22-28	Ridge Pools Shutdown for Annual Maintenance
MON-MON	AUG 29-SEP 5	Lilley Gulch Pool Shutdown
MON	SEP 5	Labor Day / Lilley Gulch Pool
THU	NOV 24	Thanksgiving / Lilley Gulch Pool
FRI	NOV 25	Thanksgiving (Fri) / Lilley Gulch Pool
SAT	DEC 24	Christmas Eve / Lilley Gulch Pool
SUN	DEC 25	Christmas Day / Lilley Gulch & Ridge Pools
SAT	DEC 31	New Year's Eve / Lilley Gulch Pool
SUN	JAN 1	New Year's Day / Lilley Gulch & Ridge Pools

WINTER/SPRING HOURS 2012 JAN 2 – MAY 25

SPRING BREAK: MAR 24 – APR 2

MODIFIED HOURS – 7:00AM - 4:30PM

MON	MAY 28	Memorial Day 2012 / Ridge Pools
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SPECIAL HOURS – MEETS: MASTERS, CARA & JEFFCO

TBD (Please check www.ifoohills.org)

SPECIAL DATES – REGULAR HOURS

SUN	MAY 13	Mother's Day – Mom's swim FREE when accompanied by a child (all pools)
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CLOSURES – 2012

SUN	APR 8	Easter / Ridge & Lilley Gulch Pools
MON	MAY 28	Memorial Day / Lilley Gulch Pool

**LOOKING FOR CLASS SCHEDULES
AND
POOL HOURS?
Please pick them up at our facilities
OR visit www.ifoohills.org.**

FOR YOUR SAFETY

LIFEGUARDS ARE ON DUTY TO ENFORCE RULES AND REGULATIONS AND TO RESPOND TO EMERGENCIES. YOU ARE ULTIMATELY RESPONSIBLE FOR YOUR SAFETY AND THE SAFETY OF YOUR CHILD.

- Children ages 5 and under **MUST BE ACCOMPANIED INTO THE WATER** by an adult (age 18 or older) within arm's reach. Admission wristbands must be worn.
- Children ages 6-8 must be accompanied by someone age 12 or older, into the pool area.
- Innertubes, life preservers, and/or water wings will be allowed during open swim in designated areas only when the pool is not crowded. Any child wearing water wings or inner tube devices **MUST BE ACCOMPANIED INTO THE WATER** by an adult (18 years or older) within arm's reach.
- Snorkels, face masks, fins or kickboard use will be determined by the Manager on Duty.
- Diving is permitted only in designated areas. NO diving is allowed in water less than 5 feet deep.
- Swimmers with questionable ability who enter deep water, use a diving board, or use a water slide must swim a distance to the satisfaction of the guard on duty.
- No one, regardless of age or ability, may "catch" another swimmer who is going off the diving board or big slide.
- ONLY single riders on waterslides (feet first only).
- No horseplay on play features.
- Flotation devices are NOT ALLOWED on the diving boards or the slide.
- The above rules are not inclusive. Manager on Duty may enforce further rules for the safety of the patrons. Signs will be posted at each pool for specific rules pertaining to that facility.
- No alcohol.
- No smoking inside fenced areas.
- We recommend guardians remain present during lessons.

LAP SWIM ETIQUETTE

Due to limited lap lanes, we require that patrons share their lanes accordingly. Please group yourselves according to ability:

- Two Swimmers: Each swimmer stays on a respective side.
- Three or More Swimmers: Swim counter-clockwise in a single file line, staying on the right side of the lane.

AQUATICS

DOGGY DIP

AUGUST 21

AT

DEER CREEK POOL

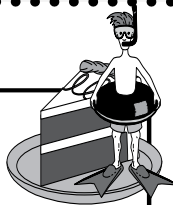


Join us for our **ANNUAL DOGGY DIP** at Deer Creek Pool! Help us say goodbye to the summer swim season by treating your favorite canine to a swim party of their own. Owners must provide proof of their dog's current rabies vaccinations. The Doggy Dip (swim) is for dogs and their handlers only; open swim for people is not available. Hurry! Register soon – space is limited and pre-registration is suggested. Rain or shine: No refunds due to inclement weather.

Fee: \$10.00 per dog

ACT#:	SESS#:	LOC:	DAY:	TIME:
5025	1: AUG 21	DCP	SUN	5:30-7:00pm

SWIM BIRTHDAY PARTIES – ALL AGES



Two hours of fun with swimming, cake, ice cream, punch and paper products. Plus, a Foothills Aquatics Staff Member will serve as your host(ess). Arrange your party during designated open swim hours at any of the pools. You will share use of the pool with the public. Outdoor pools are available in the summertime.

PLEASE NOTE:

- Swim Birthday Parties are based on the number of children. For proper supervision, one adult for every 5 children is included in the cost. Additional swimmers will be charged the group rate.
- Reservations must be made in person a minimum of ten days in advance and a \$50 deposit is required.

For ages 5 and under, one adult MUST be in the pool for every 5 children.

**RIDGE AND LILLEY GULCH – YEAR ROUND
OUTDOOR POOLS – SUMMER ONLY**

CALL 303-409-2333 TODAY!

EXCLUSIVE USE PARTIES

This fun option is available for parties and special get-togethers. The Ridge and Lilley Gulch Pools are available year round for your needs. Outdoor pools may be rented in the summertime. Saturday and Sunday evenings from 5:30-8:00pm are particularly good times to rent. Rental fee includes lifeguards and exclusive use of the entire pool. Please reserve your party at least 10 days in advance. **A 50% deposit is required. (Additional facility fees may apply for staff.)**

PLEASE NOTE:

Rental fees are based on an hourly rate. Please visit our website at www.ifoohills.org for current rental rates.

**For more information
please call Ridge Recreation Center
at 303-409-2333 or
Lilley Gulch Recreation Center
at 303-409-2500.**

AQUATICS COMPETITIVE SWIMMING & DIVING PROGRAMS



The District's philosophy is to provide opportunities for youth and adults to improve their swimming skills and to develop physically, mentally and competitively to the extent of their abilities and desires. We encourage youth to participate initially in lesson programs, then progress to competitive programs. The competitive swimming programs with the District are as follows:



FOOTHILLS SWIM TEAM (YEAR-ROUND)

Novice to experienced swimmers ages 5-19 receive comprehensive conditioning and training. This USA affiliated swim team emphasizes stroke technique, self improvement and good sportsmanship. Team fees are required. For more information, visit our website at www.foothillsswimteam.com or call the Foothills Swim Team Office 303-988-7060.

CARA SWIM TEAM (YEAR-ROUND)

The next step after lessons is the C.A.R.A. (Colorado Association of Recreational Athletes) swim team. This recreational swim team is offered to youth ages 6-17 with limited competitive swimming experience (including those with special needs). A coach will offer stroke technique and teach the fundamentals of racing. This is a great way to introduce your child to fun, competition and good sportsmanship. Swim meets are held throughout the Denver Metro area on weekend mornings. For more information, please call 303-409-2520, or you may register at www.ifoohills.org. **Recommend having passed or shown competency in Level IV skills.**

The pool locations join together as one team for swim meets.



CLUBS WEST SWIM TEAM (SUMMER)

Join this fun, recreational team for ages 18 & under. It is designed to provide a positive experience for swimmers of all abilities. Our goals are to have fun, improve skills and develop good sportsmanship. We practice weekday mornings at the Columbine West Pool and participate in weekly meets in JUNE and JULY. Call Heather Volmer at 303-881-5056 for more information OR email clubswest@hotmail.com.

**LOOKING FOR CLASS SCHEDULES?
Please pick them up at our facilities
OR visit www.ifoohills.org.**

MASTERS SWIM TEAM (YEAR-ROUND)

The Masters Swim program philosophy is to provide fellowship for adults who enjoy swimming within a structured program. It is designed for all levels: triathletes, competitive swimmers, and those who wish to swim simply for the benefit of exercise (including those with special needs). Participants should be comfortable swimming at least a few hundred yards continuously, freestyle (front crawl). For more information, call Terry Heggy at 720-221-3706 or visit us at www.ifoohills.org.

**MASTERS SWIM TEAM – RIDGE LAP POOL
MON-FRI: 5:30-7:00am
SAT: 7:30-9:00am • SUN: 9:00-11:00am**

MASTERS SWIM TEAM FEES

Annual Facility Pass Fee: \$470 • 4 days/week \$2.25/visit
(District Rate: \$375 • 4 days/week \$1.80/visit)
20 Multi-Visit Card Fee: \$121 • \$6.05/visit
(District Rate: \$90 • \$4.50/visit)
Drop-in Fee: \$8 (District Rate: \$6)
Annual Masters Pass Fees include facility use at the Peak & Ridge ONLY.

MILE HIGH DIVE CLUB (YEAR-ROUND)

The Mile High Dive Club is Colorado's top ranked Olympic-style diving club providing springboard and platform diving instruction for beginner through elite level athletes. Our mission is to cultivate life skills in all of our athletes through the sport of diving. For information, please call 303-871-0754, or visit us online at www.learn todive.org.

STINGRAYS SWIM TEAM – 6TH AVE WEST POOL

Take your swimming career further by joining this summer club team for Ages 4-18! Our goal is to have fun in the sun while learning, improving and advancing your life-long swimming techniques.

MEET AT THE RIDGE POOL ON SUNDAY EVENINGS:

- FEB-MAR: Winter Swim Season
- APR-MID MAY: Spring Swim Season

MEET AT 6TH AVENUE WEST POOL FOR WEEKDAY MORNING PRACTICE: JUN-JUL: Summer Swim Season

NOTE: Contact Coach Heather Howe at 303-279-5184, or by email at munchie_howe@hotmail.com for more information.

WORKING ON YOUR MERIT BADGE?

SCOUTS . . . complete your lifesaving skills at one of our pools! Reservations must be requested 10 days in advance.

Fee: \$3.25 per person
Lifeguard assistance is an additional \$12 per hour plus \$10 per lap lane per hour.

**For more information, please call 303-409-2333 • Ridge
or 303-409-2500 • Lilley Gulch**

AQUATICS TRAINING/SPECIALIZED CLASSES

TRAINING CLASSES WITH OPPORTUNITIES FOR EMPLOYMENT

LIFEGUARD TRAINING

Ages 15 & up

This American Red Cross designed course is one of the National Standards for Lifeguard Employment. Register for this class and enjoy the challenge of improving your swimming and lifesaving skills. Water test must be passed on the first day of class. Participants must be age 15 by the last day of class. **Attendance at ALL classes is mandatory.**

LIFEGUARD TRAINING INSTRUCTOR

Ages 17 & up

This class trains candidates to teach Lifeguard Training (including first aid), CPR for the Lifeguards, AED Essentials, and Oxygen Administration. Learn how to use course materials, conduct training sessions, and evaluate participants' progress. Participants must be 17 years of age by the last class day and pass the Pre-course Session on the first day (this includes swimming, lifeguarding, first aid, and CPR/PR skills). **Attendance at ALL classes is mandatory.**

WATER SAFETY INSTRUCTOR

Ages 16 & up

Learn the fundamentals of how to teach swimming lessons to infants through adults. Participants must be able to demonstrate effective stroke technique for front crawl, back crawl, sidestroke, breaststroke, elementary backstroke, and butterfly the first day of class. Participants must be 16 years of age by the last class day. Please bring snacks/lunch to all classes-short breaks will be given. **Attendance at ALL classes is mandatory.**



AQUATICS

SPECIALIZED CLASSES

COLORADO SCUBA CENTER Scuba Diving Lessons

Join the underwater world – International Open Water Pool and Lecture Training given by a certified PADI instructor. Experience using actual scuba equipment in a controlled pool environment. Space must be reserved in advance. Call 303-986-0007 for information and registration.

INTRO TO MASTERS SWIMMING

PRE-REQUISITE: MUST BE COMFORTABLE SWIMMING FREESTYLE AND/OR OTHER COMPETITIVE STROKES FOR 30 MINUTES.

Integrate into Master's Swimming. Topics covered include freestyle refinement using stroke drills; different types of swimming sets that may be encountered in a typical Master's workout; how to read a pace clock; use of swim equipment such as pull buoys, paddles, fins, kickboards, and more; and explanation of swim terminology, lane etiquette, and how to join local Master's Swimming Programs.

SWIM INSTRUCTION & ENDURANCE TRAINING FOR ADULTS & TRIATHLETES

Ages 18 & up

Workouts are tailored to the needs of the individual. Emphasis will be on improving stroke mechanics and efficiency. Areas such as open water swimming, training for triathlons and building a training program will be addressed.

GROUP TRAINING: Register online at www.foothills.org.

PRIVATE TRAINING: Call Stephanie Bunevich at 720-373-7694

or email straightastephanie@comcast.net.

INFANT SWIMMING RESOURCE

Highly effective one-on-one instruction is provided for ages 6 months & up. Each lesson is individualized to your child's needs and abilities. ISR students are taught to perform Self-Rescue™ skills independently. To register, call Mary Davison, R.N. 303-988-1422 or visit www.infantswim.com.

For details and current schedules for programs and events at any of our facilities, please visit our website at www.foothills.org.

AQUATICS FOOTHILLS SWIM LESSON PROGRAM

FOOTHILLS SWIM LESSON PROGRAM

NOTE: Classes may be combined. It is common for a child to repeat a level.
We recommend guardians remain present during lessons.

PLEASE CHECK WITH AQUATICS STAFF FOR LEVEL RECOMMENDATIONS.

REGISTRATION MADE EASY

Your mail-in/drop off registration form is an application for a class and does not assure a space in the class.

FALL 2011 REGISTRATION:

AUG 1, 2011 at 6:00am, ALL DISTRICT & NON-DISTRICT RESIDENTS may register online at:
www.foothills.org, mail-in or drop off at Lilley Gulch Recreation Center or Ridge Recreation Center.

WINTER/SPRING 2012 REGISTRATION:

OCT 31, 2011 at 6:00am, ALL DISTRICT & NON-DISTRICT RESIDENTS may register online at:
www.foothills.org, mail-in or drop off at Lilley Gulch Recreation Center or Ridge Recreation Center.

Due to the large volume of lesson registrations, no phone-in swim registrations will be accepted.

LESSON FEES DO NOT INCLUDE OPEN SWIM FEES.

Please pick up our class schedules at our facilities or visit www.foothills.org

MOMMY, DADDY & ME (Ages 6 months - 3 years)

Provides a bonding time between parent and child through guided play. This class helps parents teach their child(ren) the skills necessary for future swimming success and safety. Skills emphasized include: Front/back floats, kicking, breath control and safety.

LEVEL I:

• Tiny Tunas (Age 3)

Provides a playful orientation for apprehensive participants to become comfortable in the aquatic environment. Skills taught through play include: Basic breath control, face in water, supported floating on front and back, kicking and safety. (Non-parent participation class)

• Goldfish (Ages 3-5) • Seals (Ages 6 & up)

Orients participants to the aquatic environment and teaches them elementary skills. Skills taught include: Submerging face, moving comfortably through the water, basic breath control, supported floating on front and back, kicking on front and back, alternating arm action and safety.

LEVEL II:

• Angelfish (Ages 4 & 5) • Whales (Ages 6 & up)

Must have passed or show competency in Level I skills.
Skills taught include: Submersion, retrieving underwater objects, deep water skills, unsupported front and back float or glide, level off, rhythmic breathing, step-in and side exit, flutter kick on front and back, finning on back, combined stroke on front and back, turning over and safety.

LEVEL III:

• Starfish (Ages 4 & 5) • Dolphins (Ages 6 & up)

Must have passed or show competency in Level II skills.
Skills taught include: Bobbing, jumping into deep water, basic rules of safe diving, diving from side of the pool, gliding, coordinating components of freestyle and backstroke, fundamentals of elementary backstroke, treading water, reversing direction while swimming on front and back and safety.

LEVEL IV: Intermediate Swimmer (Ages 6 & up)

Must have passed or show competency in Level III Dolphin skills.
Skills taught include: Deep water bobbing, rotary breathing, diving from side of pool, endurance in the elementary backstroke, freestyle and backstroke. Learn basics of breaststroke, butterfly, sidestroke, turns on the wall and safety.

LEVEL V: Advanced Swimmer (Ages 6 & up)

Must have passed or show competency in Level IV skills.
Skills taught include: Approach and hurdle on diving board, jump tuck from diving board, freestyle 50 yards, backstroke 50 yards, breaststroke 25 yards, sidestroke 25 yards, butterfly 25 yards, approach stroke 25 yards, breaststroke and sidestroke turns, flip turn for freestyle, pike and tuck surface dives, safety and building endurance.

LEVEL VI: Competitive Swimmer (Ages 6 & up)

Must have passed or show competency in Level V skills.
This class is designed for youth ages 6-17 who wish to maintain and develop their swimming skills. Skills taught include: Swimming continuously for 500 yards, freestyle 100 yards, backstroke 100 yards, breaststroke 50 yards, elementary backstroke 50 yards, sidestroke 50 yards, butterfly 50 yards, choice 100 yards. Improve and refine the four competitive swim strokes — butterfly, backstroke, breaststroke and freestyle. Starts and turns will also be practiced.

ADULT/TEEN BEGINNING SWIMMER (Ages 13 & up)

Designed for teens and adults who may not be comfortable in the water with minimal or no swimming experience. This class takes a hands-on approach to help students explore the joys of swimming. Communicate specific needs and goals with the instructor.

ADULT/TEEN SWIMMING REFINEMENT (Ages 13 & up)

Designed for teens and adults who want to perfect their strokes and who possess some prior formal swimming knowledge. Communicate specific needs and goals with the instructor.

PRIVATE & SEMI-PRIVATE LESSONS

PRIVATE:

\$25 per ½-hour lesson
\$70 for three ½-hour lessons

SEMI-PRIVATE: (2-3 individuals)

\$20 per ½-hour lesson, per person
\$50 for three ½-hour lessons, per person

For more information or to be placed on the waiting list, call the Ridge at 303-409-2333 or Lilley Gulch at 303-409-2500.
(Subject to staff availability)

Flip N Dip Class
Ages 3-6
(Details: Page 35)