

# WINTER/SPRING 2012

## 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 25, 2012

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN SWIM	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
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	
SWIM LESSONS	9:00-10:00am	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
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

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

#### RIDGE LAP Pool • 81°- 83° • JAN 2 – MAY 25, 2012

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	9:00am-5:30pm
OPEN* SWIM	1:00-5:30pm*	11:30am-3:00pm* 8:00-9:00pm*	10:30am-3:00pm* 7:30-9:00pm*	11:30am-3:00pm* 8:00-9:00pm*	10:30am-3:00pm* 7:30-9:00pm*	10:30am-3:00pm* 4:30-9:00pm*	1:00-5:30pm*
*Diving Boards are available upon request and are subject to availability.							
WATER WALKING			10:30am-12:30pm		10:30am-12:30pm	10:30am-12:30pm	
FITNESS		8:35-9:30am Splash Aerobics	8:35-9:30am Splash Aerobics 7:05-8:00pm Splash Aerobics	8:35-9:30am Splash Aerobics	8:35-9:30am Splash Aerobics 7:05-8:00pm 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
SWIM LESSONS		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 8:30-9:30pm 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	
DIVE TEAMS		Mile High 6:40-8:00pm 8:00-8:30pm Share w/Open Swim		Mile High 6:40-8:00pm 8:00-8:30pm 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/ KIDS THAT TRI	11:00am-1:00pm	10:00-11:30am		10:00-11:30am			

#### RIDGE THERAPY Pool • 90°- 91° • JAN 2 – MAY 25, 2012

(NOTE: THERAPY POOL USE IS DESIGNED ONLY FOR THOSE WITH THERAPUTIC NEEDS & SCHEDULED CLASSES.)

ACTIVITY	SUN	MON	TUE	WED	THU	FRI	SAT
OPEN THERAPY/ WATER WALKING	11:00am-5:30pm	8:00-10:30am 11:30am-1:00pm 2:00-5:15pm 5:45-9:00pm	8:00-10:00am 11:00am-5:15pm 5:45-9:00pm	8:00-10:30am 11:30am-1:00pm 2:00-5:15pm 7:00-9:00pm	8:00-10:00am 11:00am-5:15pm 5:45-9:00pm	8:00-10:00am 11:00am-1:00pm 2:00-9:00pm	11:00am-5:30pm
ARTHRITIS AQUATICS						10:00-11:00am	
SWIM LESSONS		5:15-5:45pm	5:15-5:45pm	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 2012



## AQUATICS SCHEDULES

### - LILLEY GULCH RECREATION CENTER (303-409-2333)

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

LILLEY GULCH Pool • 84°- 86° • JAN 2 – JUN 1, 2012							
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> 10:30am-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> 10:30am-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> 10:30am-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>PARENT/CHILD OPEN SWIM</b> (2½ ft water ONLY)		11:30am-1:00pm <sup>2</sup>	11:30am-1:00pm <sup>2</sup>	11:30am-1:00pm <sup>2</sup>	11:30am-1:00pm <sup>2</sup>	11:30am-1:00pm <sup>2</sup>	
<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>			4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes		4:30-5:30pm 3 lanes 5:30-6:30pm 6 lanes	4:30-6:30pm 6 lanes	
<b>CARA SWIM TEAM</b>		5:00-6:00pm 3 lanes	6:30-7:30pm 6 lanes	5:00-6:00pm 3 lanes	6:30-7:30pm 6 lanes		
<b>HIGH SCHOOL (JAN-MAY)</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 3:00-4:30pm 6 lanes	
<b>FITNESS</b>		8:35-9:30am Splash Aerobics 1:05-2:00pm Deep Water	1:05-2:00pm Arthritis Aquatics	8:35-9:30am Splash Aerobics 1:05-2:00pm Deep Water		8:35-9:30am Splash Aerobics 1:05-2:00pm Deep Water	
<b>FLIP N DIP</b>		2:00-2:30pm		2:00-2:30pm			Noon-1:00pm
<b>MILE HIGH DIVE</b>		6:15-7:00pm Diving Board		6:15-7:00pm Diving Board			
<b>CLOSED</b>		9:30-10:30am 2:30-3:00pm	6:00-11:30am 2:00-3:00pm	9:30-10:30am 2:30-3:00pm	6:00-11:30am 1:00-3:00pm	9:30-10:30am 2:00-3:00pm	

<sup>1</sup> Three lanes available 6:00-7:00am (FEB – MAY)

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

# WINTER/SPRING 2012

## 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>							
These classes are progressive. Swimmers must show competency in skills before advancing to the next level.	<b>MON/WED</b>	<b>TUE/THU</b>	<b>SAT</b>	<b>SUN</b>			
	SESS# 1: JAN 9 – FEB 8 2: FEB 13 – MAR 14 3: APR 2 – MAY 2	SESS# 4: JAN 10 – FEB 9 5: FEB 14 – MAR 15 6: APR 3 – MAY 3	SESS# 7: JAN 14 – FEB 11 8: FEB 18 – MAR 17 9: APR 7 – MAY 5	SESS# 7: JAN 15 – FEB 12 8: FEB 19 – MAR 18 9: APR 15 – MAY 13			
	Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons	Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons	Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons	Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons			
ACTIVITY	ACT#	TIME	ACT#	TIME	ACT#	TIME	ACT# TIME
<b>MOMMY, DADDY &amp; ME</b> (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	
<b>LEVEL I</b>	<b>TINY TUNAS</b> (Age 3 ONLY)	3201 9:30-10:00am 3202 4:30-5:00pm 3203 5:15-5:45pm	3221 9:30-10:00am 3222 5:15-5:45pm	3242 9:45-10:15am 3243 11:15-11:45am	3278	9:00-9:30am	
	<b>GOLDFISH</b> (Ages 3-5)	3204 9:00-9:30am 3205 4:30-5:00pm 3206 6:00-6:30pm	3223 9:00-9:30am 3224 5:15-5:45pm 3225 6:00-6:30pm	3244 9:45-10:15am 3245 10:30-11:00am 3246 11:15-11:45am	3279	9:00-9:30am	
	<b>SEALS</b> (Ages 6 & up)	3207 4:30-5:10pm		3247 9:45-10:25am			
<b>LEVEL II</b>	<b>ANGELFISH</b> (Ages 4-5)	3208 9:00-9:30am 3209 5:15-5:45pm 3277 6:00-6:30pm	3226 9:00-9:30am 3227 5:15-5:45pm 3228 6:00-6:30pm	3248 9:00-9:30am 3249 10:30-11:00am	3280	9:30-10:00am	
	<b>WHALES</b> (Ages 6 & up)	3210 4:30-5:10pm	3229 4:30-5:10pm 3230 6:00-6:40pm	3250 9:00-9:40am 3251 10:30-11:10am			
<b>LEVEL III</b>	<b>STARFISH</b> (Ages 4-5)	3211 9:30-10:00am 3212 5:15-5:45pm	3231 9:30-10:00am 3238 6:00-6:30pm	3252 9:00-9:30am 3261 11:15-11:45am	3281	9:30-10:00am	
	<b>DOLPHINS</b> (Ages 6 & up)	3213 5:15-5:55pm	3233 4:30-5:10pm 3234 5:15-5:55pm	3253 9:00-9:40am 3254 9:45-10:25am 3255 11:15-11:55am			
<b>LEVEL IV - INTERMEDIATE SWIMMER</b> (passed Level III – Dolphins)	3214 4:30-5:10pm 3215 6:00-6:40pm	3235 4:30-5:10pm 3236 6:00-6:40pm	3256 9:45-10:25am 3257 10:30-11:10am				
<b>Level V - ADVANCED SWIMMER</b> (passed Level IV)	3216 6:00-6:40pm	3237 4:30-5:10pm	3258 10:30-11:10am 3259 11:15-11:55am				
<b>LEVEL VI - COMPETITIVE SWIMMER</b> (passed Level V)	3219 6:00-6:40pm	3239 4:30-5:10pm	3260 11:15-11:55am				
<b>ADULT/TEEN BEGINNING SWIMMER</b> (Ages 13 & up)			3262 9:45-10:25am				
<b>ADULT/TEEN SWIMMING REFINEMENT</b> (Ages 13 & up)			3263 9:00-9:40am				

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

# WINTER/SPRING 2012



## AQUATICS LESSONS - LILLEY GULCH

RECREATION CENTER (303-409-2500)

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

<b>LILLEY GULCH POOL LESSON PROGRAM</b>				
These classes are progressive. Swimmers must show competency in skills before advancing to the next level.	<b>MONDAY/WEDNESDAY</b>		<b>SATURDAY</b>	
	SESS# 1: JAN 9 – FEB 8 2: FEB 13 – MAR 14 3: APR 2 – MAY 2 Fee: \$60 (District Rate: \$48) 5 weeks - 10 lessons		SESS# 7: JAN 14 – FEB 11 8: FEB 18 – MAR 17 9: APR 7 – MAY 5 Fee: \$30 (District Rate: \$24) 5 weeks - 5 lessons	
<b>ACTIVITY</b>	<b>ACT#</b>	<b>TIME</b>	<b>ACT#</b>	<b>TIME</b>
<b>MOMMY, DADDY &amp; ME</b> (Ages 6 months-3 years)	4103	5:30-6:00pm	4129 4130	9:45-10:15am 10:30-11:00am
<b>LEVEL I</b> <b>TINY TUNAS</b> (Age 3 only)	4102	4:45-5:15pm	4131 4132	9:00-9:30am 9:45-10:15am
	4105 4106	4:00-4:30pm 5:30-6:00pm	4133 4134	10:30-11:00am 11:15-11:45am
<b>SEALS</b> (Ages 6 & up)			4135	9:00-9:40am
<b>LEVEL II</b> <b>ANGELFISH</b> (Ages 4-5)	4108	5:30-6:00pm	4136 4137	9:45-10:15am 11:15-11:45am
	4109	4:00-4:40pm	4138 4139	9:45-10:25am 10:30-11:10am
<b>LEVEL III</b> <b>STARFISH</b> (Ages 4-5)	4111	5:30-6:00pm	4140	10:30-11:00am
	4112 4113	4:00-4:40pm 4:45-5:25pm	4141	9:00-9:40am
<b>LEVEL IV - INTERMEDIATE SWIMMER</b> (passed Level III - DOLPHINS)	4114	4:00-4:40pm	4142	9:00-9:40am
<b>Level V - ADVANCED SWIMMER</b> (passed Level IV)	4115	4:45-5:25pm	4143	11:15-11:55am
<b>LEVEL VI - COMPETITIVE SWIMMER</b> (passed Level V)	4149	4:45-5:25pm	4151	11:15-11:55am

• LESSON FEES DO NOT INCLUDE OPEN SWIM FEES •

# WINTER/SPRING 2012



## 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  
3272-1 APR 7 – MAY 5 SAT 9:30 – 10:15 a.m.

• **LIFEGUARD TRAINING – FEE: \$235 (DISTRICT RATE: \$185)**

303-409-2333 • Ridge Recreation Center  
3265-1 JAN 21 – FEB 18 SAT 9 a.m. – 5 p.m.  
3265-2 MAR 26 – 30 MON – FRI 9 a.m. – 5 p.m.  
3265-3 APR 7 – MAY 5 SAT 9 a.m. – 5 p.m.

• **LIFEGUARD TRAINING INSTRUCTOR – FEE: \$235 (DISTRICT RATE: \$185)**

303-409-2333 • Ridge Recreation Center  
3266-1 JAN 7 – 17 SAT and TUE/THU 10 a.m. – 5 p.m.  
5 – 7:30 p.m.

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

– FEE: \$75 (DISTRICT RATE: \$60) 4-WK CLASS 720-373-7694 • Ridge Recreation Center  
3273-1 APR 15 – MAY 6 SUN 10:45 a.m. – Noon

• **FLIP N DIP (AGES 3 – 4) – FEE: \$60 (DISTRICT RATE: \$48)**

303-409-2506 • Lilley Gulch Recreation Center  
(See Page 35 in current Fall 2011 – Winter/Spring 2012 District Catalog for details)

2130-1	JAN 9 – FEB 6	MON	1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.)
2130-2	FEB 13 – MAR 12	MON	1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.)
2130-3	APR 2 – 30	MON	1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.)
2132-1	JAN 11 – FEB 8	WED	1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.)
2132-2	FEB 15 – MAR 14	WED	1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.)
2132-3	APR 4 – MAY 2	WED	1:30 – 2:30 p.m. (pool 2 – 2:30 p.m.)
2131-7	JAN 14 – FEB 11	SAT	11:30 a.m. – 12:30 p.m. (pool 12 – 12:30 p.m.)
2131-8	FEB 18 – MAR 17	SAT	11:30 a.m. – 12:30 p.m. (pool 12 – 12:30 p.m.)
2131-9	APR 7 – MAY 5	SAT	11:30 a.m. – 12:30 p.m. (pool 12 – 12:30 p.m.)

• **FLIP N DIP II (AGES 5 – 6) – FEE: \$60 (DISTRICT RATE: \$48)**

303-409-2506 • Lilley Gulch Recreation Center  
(See Page 34 in Fall 2011 – Winter/Spring 2012 District Catalog for details)

2133-7	JAN 14 – FEB 11	SAT	Noon – 1 p.m. (pool 12:30 – 1 p.m.)
2133-8	FEB 18 – MAR 17	SAT	Noon – 1 p.m. (pool 12:30 – 1 p.m.)
2133-9	APR 7 – MAY 5	SAT	Noon – 1 p.m. (pool 12:30 – 1 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  
4191-1 JAN 9 – MAY 2 MON/WED 5 – 6 p.m.  
4190-1 JAN 10 – MAY 3 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 9 – MAY 2 MON/WED 4:30 – 5:30 p.m.  
3271-1 JAN 10 – MAY 3 TUE/THU 5:30 – 6:30 p.m.  
3268-1 JAN 10 – MAY 3 TUE/THU 6:30 – 7:30 p.m.

**FEE: \$200 (District Rate: \$165) No practices MAR 26 – 30 (Spring Break)**