



Special Events at the Pool

Payment required at registration!

Swim Parent \$35.00

Guppy: 12-18 months (parents in the water)

Advanced Guppy: 18-36 months (parents in the water) \$35.00

Participants will learn ways to position and maneuver their children in the water, while allowing toddlers a chance to explore and play too. Come have fun!

Preschool I Ages: 3-4 years \$35.00

No prior swim experience required. Kids will work on getting comfortable in the water while blowing bubbles, putting their face underwater, and front and back float with assistance.

Preschool II Ages: 3-4 years \$35.00

Participants must have successfully completed Preschool I or be able to demonstrate Preschool I skills. Children will be working on floating, rolling over, gliding, and arm and leg actions.

Level I-V: Ages 5+ \$35.00

No prerequisites for Level I. Completion of previous level or demonstration of skills required for Levels II-V. All skills will follow American Red Cross guidelines.

WaterCats Swim Program \$55.00

WaterCats is a program designed to get kids on a competitive swimming path. Kids in this program will learn starts, finishes, stroke technique and swim meet protocol. It is an excellent class for anyone looking to move forward with their swimming! For more information call the Aquatic Center and ask for Kayla or Jill.

***To enter WaterCats your child must be able to swim 25 yards front and back stroke



Preschool Play and Splash

When: April 7 - May 12; every Wednesday

Class starts at 10am goes til 11:30AM

Who: potty trained - 5 years old

What: Come join us for this preschool program. The participants will play organized games in the gym for 40 minutes and then head to the pool for 40 minutes of swim time with a certified instructor. **Children must come with their suits on!**

Fee: \$65

Minimum of 4 kids, maximum of 10 kids



Want a great summer job? Be a LIFEGUARD!

The Aquatic Center will be hosting a lifeguard class the first 2 weeks of June, exact dates and times TBD.

For more info contact Ms. Jill at the pool, at 586-2340. Come be part of something great! ***Must be 15 at the time of class***



Not old enough to take the lifeguard class, but you want to get involved in aquatics...join our Jr. Lifeguard program. This class will certify you in CPR/AED and First Aid. You will be trained to assist in swim lessons as well as have the opportunity to be a paid employee of the Aquatic Center working the front desk. For more info and cost, contact Ms Jill at the Aquatic Center

COME BE PART OF A GREAT TEAM!



Birthday Parties

Host your birthday party at the pool! Book in advance and come during an open swim time and save \$.25 off admission. For just \$10 we will provide tables chairs.

Estes Park Aquatic Center Spring 2010

March 29th—
May 15th
Spring 2010

660 Community Drive
Estes Park, Colorado

970.586.2340

www.estesvalleyrecreation.com
www.psd3.k12.co.us



Estes Park Aquatic Center.....Dive into the Fun!

OPEN SWIM HOURS

T & Th	11:30am - 1:00pm
T, W, Th, F	7:00 - 8:00 pm
Sat	11:00-3:00

LAP SWIM

M-F	5:30am - 10:00am
M-F	11:30am - 1:00pm
W, F	6:00 - 7:00pm

Lap swim no longer available T, TH 6-7pm
 Diving well may not be available during lap swim time.
*****All hours subject to change*****

	resident	Non res
0-2	free	free
3-17 yrs	\$ 4.50	\$ 6.00
Adult	\$ 5.00	\$ 6.50
55+	\$ 4.25	\$ 5.50
Family of 4	\$ 16.00	\$ 21.00
Addt child	\$ 4.25	\$ 5.50
Family night	\$ 3.25	\$ 4.25
Fitness adult drop in	\$ 5.50	\$ 6.75
Fitness senior drop in	\$ 5.00	\$ 6.25
Shower	\$ 4.75	\$ 4.75
Nautilus	\$ 4.75	\$ 4.75
Open/Lap 25 punches		
Adult	\$ 101.00	\$ 137.00
Child	\$ 88.00	\$ 118.00
Senior	\$ 82.00	\$ 110.00
Fitness Class 20 punches		
Adult	\$ 90.00	\$ 115.00
Senior	\$ 81.00	\$ 103.00

Our annual pool closure will be from May 16th - May 31st!

FITNESS OPPORTUNITIES

Your first visit to any of these classes is free. Come and get fit! Daily admission and punch passes are available.

Aquanastics

M-F 9:00-10:00 am

Join this fun group for a workout that includes range of motion, stretching, strengthening, and cardio work. Great for people rehabbing from medical procedures.

Deep Water

M, W, F 11:30-12:10 pm

A great, fun non-impact workout emphasizing cardio, strength and abdominal exercises. This is a great class for rehabbing as well. Flotation belts are available. Come join us for this great class!

Twinges in the Hinges

T,TH 9:30-10:30 am

This Arthritis Foundation Aquatic Program is a recreational exercise program designed for people with arthritis and other related diseases. The exercises are designed to improve muscular strength, endurance and flexibility and to manage pain associated with arthritis. **This class is being held at the Good Samaritan Village.** Water temp. is 90 degrees.

Introduction to Water Aerobics

Saturdays Feb 6, Mar 13, April 10, May 1 10-11:00am
 Water exercise does not have to be swimming laps! Participants will learn a full workout including stretch, strength, aerobic and cool-down exercises.

Each class will build on knowledge from previous classes, but is also valuable as a single class. Good for both swimmers and non-swimmers. Call the Aquatic Center for more information.

Per class fee: \$5.50
 4 class package fee: \$20.00

LEARN-TO-SWIM LESSONS

Red Cross lessons are offered T/TH evenings. Classes include Swim Parent, Preschool, Levels I-V, Adult and Diving.

Payment required at sign up!

Tues/Thur 4/6 - 4/22 3 wks \$27

6:10 PM	6:40 PM
Guppy/Adv Guppy	Level II
Level III	Preschool I

Tues/Thurs 4/27 - 5/13 3 wks \$27

6:10 PM	6:40 PM
Preschool II	Level I
Level II	Level III

WaterCats meets T, W, Th 4 wks \$55.00

Session I - Mar 30 to Apr 22
 Session II - Apr 27 to May 13
 Session III (partial session) - Apr 27 to May 13 \$40.00

Diving Instruction

We offer a variety of diving classes for all levels of divers. Call the Aquatic Center and ask for Bill to get current class offerings. 970.586.2340

Private Swim Lessons

Private swim lessons are available for all ability levels. All instructors are trained and WSI certified. \$19/half hour, \$3.50 for each addt. child! Call to request a lesson!