

AQUATICS



Aqua Fitness

Aqua Plunge

Practice resistance walking, squats, lunges, and other movements with and against vortex current, as well as cardio movements and upper body strength, utilizing aqua equipment.

Time: Mondays, 4:30 - 5:15 p.m.
Tuesdays, 9:50 - 10:35 a.m.
Thursdays, 9:50 - 10:35 a.m., 7 - 7:45 p.m..

Location: Pool, Windsor CRC

Age: 16+

Cost: Drop in cost or free with membership

Aqua Walk

Participants will enjoy a low-impact, low-gravity cardio walk utilizing the water current and a variety of water equipment for additional cardiovascular resistance.

Time: Tuesdays and Thursdays, 9 – 9:45 a.m.

Location: Pool, Windsor CRC

Age: 16+

Cost: Drop in cost or free with membership

Outdoor Lap Swim

Enjoy an outside workout and get your swimming in! At least three lap lanes will be available daily.

Time: Monday through Friday, 11 a.m. - Noon starting May 28

Location: Chimney Park Pool

Age: 16+

Cost: Drop in cost or free with CRC membership and summer pass

Aqua Pump

Increase heart and lung activity using equipment, such as noodles and dumbbells, to increase resistance. Formats, such as dancing and kickboxing, are used to keep class interesting. All experience levels are welcome. Warm up starts at 10 a.m., and instruction begins at 10:15 a.m.

Time: Mondays and Fridays, 10:15 - 11 a.m.

Location: Pool, Windsor CRC

Age: 16+

Cost: Drop in cost or free with membership

Outdoor Aqua Aerobics

Start your day off with this high-energy water workout utilizing deep water and buoyancy devices. This routine is designed to improve cardiovascular fitness, muscular strength, and endurance.

Time: Tuesdays and Thursdays, 11 - 11:45 a.m. starting June 5

Location: Chimney Park Pool

Age: 16+

Cost: Drop in cost or free with CRC membership and summer pass

Training

Junior Aid

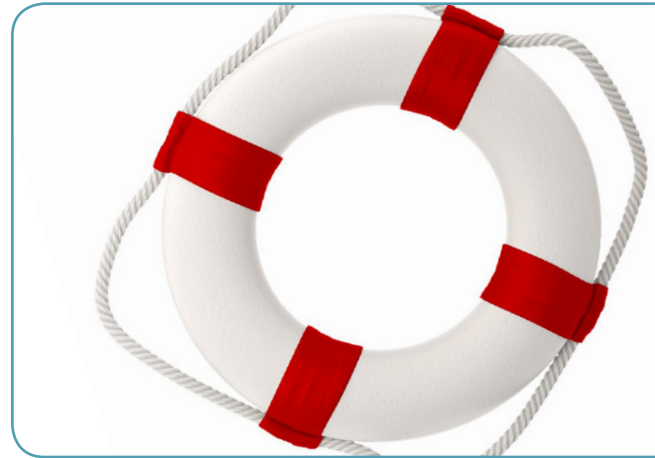
Interested in volunteering to help teach swim lessons this summer? Come to this informative training. After training, applicants may be selected for interviews to see if they qualify to become a volunteer Junior Aid. Please wear your suit and bring a towel, water, and your summer schedule.

Location: Chimney Park Pool

Age: 12 – 15

Registration Deadline: One week prior

W	5/30	8 - 10 a.m.	Free	#210100.01
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Swim Team

Masters Swim Team

Looking to participate in your first triathlon but don't feel confident with the swim? Whether you are a beginner or experienced swimmer, Masters Swim Team can help you achieve your goals. Participants will learn drills and skills through challenging workouts in a fun and positive environment that will help improve your overall swim technique. All levels are welcome.

Note: For insurance purposes, all Windsor Masters swimmers must provide proof of current registration with COMSA (Colorado Masters Swimming Association) within 30 days of their first swim. For more information visit www.usms.org/reg.

Location: May, Windsor CRC Pool
June, July, and August, Chimney Park Pool

Age: 16+

Registration Deadline: One week prior

M, W	5/2 - 5/30	5 - 6 a.m.	\$31	#210001.01
M, W	6/4 - 6/27	6 - 7 a.m.	\$28	#210001.02
M, W	7/2 - 7/30	6 - 7 a.m.	\$31	#210001.03
M, W	8/1 - 8/29	6 - 7 a.m.	\$31	#210001.04

CARA Swim Team

This year-round opportunity provides an introduction to swimming that will teach lifelong skills of confidence and build friendships. CARA stands for Colorado Association of Recreational Athletics and focuses on recreational swimming. Swimmers must be able to swim 25 yards without stopping. Coaches will evaluate strokes during the first few practices to determine a practice schedule. Please be present. Practices will be held three days per week with meets on Saturdays. No practice on July 4. Windsor's home meet will be held Saturday, June 23.

Location: Chimney Park Pool

Age: 8 - 18

Registration Deadline: One week prior

M - F	6/4 - 8/10	7 - 8:30 a.m.	\$125	#210410.02
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Swim Lessons

Dates and Registration Information

Lesson registration will be taken on a first-come, first-served basis. To make the online registration process as smooth as possible, please visit www.windsorgov.com/recreg to get your household ID number ahead of time. Day cares must bring in all forms signed by the child's guardian to register them.

\$35 per swimmer, per class

Visit windsorgov.com/aquatics for full details!

Chimney Park Pool Swim Lessons

Lessons are offered at the times below! Visit windsorgov.com/recreg for a full schedule of levels offered at each time.

All sessions are Monday - Friday for two weeks; Lessons are 30 minutes long.

Jun. 4 - 15	Jun. 18 - 29	Jul. 9 - 20	Jul. 23 - Aug. 3	Aug. 6 - 17	Aug. 20 - 31
8:45 a.m.	8:45 a.m.	8:45 a.m.	8:45 a.m.	8:45 a.m.	8:45 a.m.
9:20 a.m.	9:20 a.m.	9:20 a.m.	9:20 a.m.	9:20 a.m.	9:20 a.m.
9:55 a.m.	9:55 a.m.	9:55 a.m.	9:55 a.m.	9:55 a.m.	9:55 a.m.
10:30 a.m.	10:30 a.m.	10:30 a.m.	10:30 a.m.	10:30 a.m.	10:30 a.m.

Inclement Weather: There is one safety day and one cancellation day built into each session before any weather refunds will be given. Please call Chimney Park Pool at 674-0826 for weather cancellations.

Community Recreation Center (CRC) Pool Swim Lessons

Lessons are offered at the times below! Visit windsorgov.com/recreg for a full schedule of levels offered at each time.

All sessions meet twice a week for four weeks; Lessons are 30 minutes long.

April 30 - May 23	May 1 - 24	June 4 - 27	June 5 - 28	July 9 - Aug. 1	July 10 - Aug. 2
Mondays and Wednesdays	Tuesdays and Thursdays	Mondays and Wednesdays	Tuesdays and Thursdays	Mondays and Wednesdays	Tuesdays and Thursdays
5:45 or 6:20 p.m.	5:45 or 6:20 p.m.	5:45 or 6:20 p.m.	5:45 or 6:20 p.m.	5:45 or 6:20 p.m.	5:45 or 6:20 p.m.

Swim Lessons

Locations: Chimney Park Pool or Windsor CRC Activity Pool

Registration Deadline: One week prior

Baby and Me Swim Lessons

Parents help introduce children to the water using songs while learning how to work with their child safely, basic body positions and holding techniques to promote water comfort. One child per adult is required. Swim diapers or plastic pants must be used.

Ages: 6 months - 3 years

Tadpole Swim Lessons

This level is for swimmers who will put their face in the water, can perform supported front and back float without apprehension and will explore the water freely without fear.

Ages: 3 - 6

Level 1 Swim Lessons

This level is for swimmers who can roll from front to back without support, streamline front glide five feet without support and jump into shallow water without support.

Ages: 6 - 12

Level 3 Swim Lessons

This level is for swimmers who can perform a front and back float independently, can jump into deep/shallow water and move to the side comfortably and can swim 10 yards elementary back stroke.

Ages: 6 - 12

Level 5 Swim Lessons

This level is for swimmers who can swim 50 yards freestyle, can tread water continuously for at least 1 minute, and have been introduced to breaststroke and backstroke.

Ages: 6 - 12

Polliwog Swim Lessons

This level is for swimmers who are new to the water, will not put their face in the water, and can hold on to the side of the pool independently.

Ages: 3 - 6

Froggie Swim Lessons

This level is for swimmers who can front float with their face in the water without support, can back float for 5 seconds without support and can submerge and pick up objects in shallow water.

Ages: 3 - 6

Level 2 Swim Lessons

This level is for swimmers who can perform a front and back float, streamline on their front and back, and are able to do breaststroke legs.

Ages: 6 - 12

Level 4 Swim Lessons

This level is for swimmers who can swim 25 yards without stopping, flutter kick without a kickboard for 25 yards and are comfortable in deep water.

Ages: 6 - 12

Level 6 Swim Lessons

This level is for swimmers who can swim a minimum of 2 laps without stopping and are efficient in all competition strokes including freestyle, backstroke and introduction to the butterfly stroke.

Ages: 6 - 12

Chimney Park Pool

Hours of Operation

Opening Day: May 26, 1 – 6 p.m.

Summer 2018 Season: May 26 - September 1

Groups of 15+ can call at least one week prior to make a reservation and receive a discount rate for entry. Space is limited. Children 9 and under must be accompanied by a responsible guardian 16 years or older!

Daily Admission

Age	Price
5 & Under	\$2.25
6 - 17	\$3.25
18+	\$3.50
50+	\$3.25

Chimney Park Pool Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon Aqua Aerobics 11 - 11:45 a.m.	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon Aqua Aerobics 11 - 11:45 a.m.	Lap Swim 11 a.m. - Noon	
Open Swim 1 - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim Noon - 6 p.m.	Open Swim 10 a.m. - 6 p.m.
	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30	Twilight Swim 6:30 - 8:30 p.m. *6/4 - 8/30		

Note: Chimney Park Pool will open at 1 p.m. on 6/23 and 7/21*

Rent the Chimney Park Pool for Your Private Party!

Make a splash at your next party and rent the Chimney Park Pool! Private Pool Party Rentals are available during the summer season, Friday, Saturday, or Sunday from 6:30 – 8:30 p.m. Private parties can accommodate up to 300 people. Reservations for the summer season will begin April 2, 2018. Call the CRC at 970-674-3500.

1 - 50 people: \$175

51 - 100 people: \$300

101 - 150 people: \$400

151+ people: \$450

Chimney Park Pool Pass

CRC annual members may purchase a Chimney Park pool pass for \$25 per person for the summer. Passes are available for purchase at the Community Recreation Center.

CRC Pool Schedule

Note: Children 6 and under must be accompanied by a parent within arms reach at all times.

Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim (16+)	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.		
Regular Hours	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.

Hot Tub

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adults Only (16+)	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.		
Regular Hours	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.

Activity Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lazy River <i>Adults Only</i>	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.	5 - 10 a.m.		
Aqua Fitness	Aqua Pump 10:15 - 11 a.m. Aqua Plunge 4:30 - 5:15 p.m.	Aqua Walk 9 - 9:45 a.m. Aqua Plunge 9:50 - 10:35 a.m.		Aqua Walk 9 - 9:45 a.m. Aqua Plunge 9:50 - 10:35 a.m. Aqua Plunge 7 - 7:45 p.m.	Aqua Pump 10:15 - 11 a.m.		
Regular Hours	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	5 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.
Slide & Play Features	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	10 a.m. - 8 p.m.	8 a.m. - 7 p.m.	Noon - 5 p.m.

Private Swim Lessons Available

Sign up for a private, 30-minute lesson for one or two people (same level only). Individuals will be contacted based on their position on the wait list, which is on a first-come, first-served basis. Times are limited, and are not available during group lessons. All ages welcome, adults too! Private lessons are available at the Windsor CRC Pool.

Cost: \$25 for one person, \$30 for two people (same level only)



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Lake Information

Non-Motorized Boating

All crafts outside of the swim beach must have a current Town of Windsor Permit to use the lake. One permit per craft is required. From May 26 to August 31, non-motorized boats can only be on the lake during the times listed below. After September 1, non-motorized boats can be on the lake year round from sunrise to sunset as long as ice is not present.

All Day: \$5 Residents
\$7 Non-Residents

Annual: \$35 Residents
\$50 Non-Residents

Days: Su, M, Tu, Th, Sa

Dates: May 26 – August 31
September 1 - 16 Sa / Su
(Shared with motorized boaters)

Time: Daylight hours

Motorized Boating

Motorized permit holders can be scheduled on the lake on a first-come, first-served basis. Daily and annual permit holders must call 970-674-3500 to request their time and day of the week to reserve a spot on the lake no earlier than Monday of that week. Non-motorized or motorized boating will not be allowed on July 4. Rentals will be open in the designated area only. No jet skis allowed.

1/2 Day: \$15 Residents
\$25 Non-Residents

Annual: \$450 Residents Only
(Max 20 sold beginning May 7)

If permits do not sell out by June 4, they will be open to non-residents on a first-come, first-served basis.

Days: W, F, Sa, Su

Dates: May 26 – August 31
September 1 - 16, Sa/Su Only

Time: 8 a.m. – 2 p.m. or 2 p.m. – 8 p.m.

How to Purchase a Boat Permit

Permits may be purchased online at windsorgov.com/recreg, or in person at the Windsor CRC, 250 N. 11th Street.

Please bring the following with you to the front desk of the Windsor CRC:

- Proof of residency in Windsor
- (Town of Windsor utility bill, property tax, or lease agreement)
- Driver's License
- Current Boat Registration (motorized and sailboats)
- Proof of Insurance*(motorized)

Note: Motorized watercraft must have liability coverage with minimum limits of \$300,000 for bodily injury and property damage. One permit per watercraft. Boats can be no longer than 21 feet. For Colorado Boating Statutes and Regulations, please call 303-791-1954 or visit www.parks.state.co.us.

Boat Rentals

Kayak, paddle boat, canoe, sport yak, and aqua trike rentals are available at Windsor Lake for \$5 for 30 minutes per boat. Lifejackets are required for all participants and will be provided. Children 9 and under must be accompanied by a responsible guardian 16 years or older. Must be 12+ to rent SUP Boards; only one person per board. Anyone 18 years and under must have their legal guardian sign the waiver before participating.

M, T, W	5/28 - 8/29	11 a.m. - 5 p.m.	\$5
Th, F, Sa, Su	5/31 - 8/31	11 a.m. - 7 p.m.	\$5

Hobie Boards: \$10 per 30 minutes, ages 12+

Note: Tickets are sold at concession building.



Fishing Information

Fishing is allowed on Windsor Lake year round when ice is not present. Must have a valid fishing license. For information on rules and regulations or fishing licenses, call 1-800-244-5613 or visit www.wildlife.state.co.us

Windsor Lake is generally stocked with Yellow Perch Fingerling, Bluegill, Channel Catfish, and Trout.

Night fishing is allowed from the south end of the parking lot on Highway 257, north to the inlet bridge of the lake only. Each fisherman must have a line in the water that is attended.

Swim Beach

- Daylight hours only.
- Take time to enjoy a day at the beach!
- Swimming is permitted within areas designated by ropes and buoys only.
- Park rules and regulations apply.
- All children 9 and under must be accompanied by a responsible guardian 16 years or older.
- Swim at your own risk.
- No lifeguard on duty!

