

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.

Location: Pool, Windsor CRC

Age: 16+

Times:

Mondays, 4:30 - 5:15 p.m.

Tuesdays, 9:30 - 10:15 a.m.

Thursdays, 9:30 - 10:15 a.m., 7 - 7:45 p.m.

Cost: Drop-in cost or free with membership

Aqua Pump

Increase heart and lung activity using equipment, such as noodles and dumbbells, to increase resistance. Formats like 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.

Location: Pool, Windsor CRC

Age: 16+

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

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.

Location: Pool, Windsor CRC

Times: Tuesdays and Thursdays, 8:50 - 9:30 a.m.

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: Mondays and Fridays, 11:15 a.m. - Noon,
June 10 - August 9

Location: Chimney Park Pool

Age: 16+

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

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,
June 10 - August 9

Location: Chimney Park Pool

Age: 16+

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

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CRC Pool

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. - 6:30 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. - 6:30 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 8:50 - 9:30 a.m. Aqua Plunge 9:30 - 10:15 a.m.		Aqua Walk 8:50 - 9:30 a.m. Aqua Plunge 9:30 - 10:15 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. - 6:30 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. - 6:30 p.m.	Noon - 5 p.m.

***Note:** The Activity Pool will be closed from 5:40 - 6:55 p.m. Monday through Thursday for swim lessons.

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. Questions? Email aquatics@windsorgov.com.

Cost: \$25 one person; \$30 two people, same level

Chimney Park Pool

Hours of Operation

Opening Day: May 25, 1 - 6 p.m.

Regular Summer Hours:

June 8 – August 9

August 10 – 31: Saturday and Sunday Only

Children 9 and under must be accompanied by a responsible guardian 16 years or older. Children 6 and under must be accompanied in the water by a guardian 16 years or older. The guardian must be within arm's reach of the child at all times.

Special Hours:

Sunday, May 26: 1 - 6 p.m.

Monday, May 27: Noon - 6 p.m.

May 28 - 31: Closed

Saturday, June 1: 10 a.m. - 6 p.m.

Sunday, June 2: 1 - 6 p.m.

Monday, June 3 - Friday, June 7: Open Swim 4 - 8 p.m.

Saturday, June 22: 1 - 6 p.m.

Saturday, July 20: 1 - 6 p.m. (Water Carnival)

Chimney Park Pool Schedule

June 8 – August 9

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lap Swim 11 a.m. - Noon Aqua Aerobics 11:15 - Noon	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon	Lap Swim 11 a.m. - Noon Aqua Aerobics 11:15 - 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. *6/10 - 8/1	Twilight Swim 6:30 - 8:30 p.m. *6/10 - 8/1	Twilight Swim 6:30 - 8:30 p.m. *6/10 - 8/1	Twilight Swim 6:30 - 8:30 p.m. *6/10 - 8/1		

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 1. Call the CRC at 970-674-3500.

1 - 50 people: \$175

51 - 100 people: \$300

101 - 150 people: \$400

151+ people: \$450

Daily Admission

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

Groups of 15+ can call at least one week prior to make a reservation and receive a discounted rate for entry. Space is limited.

* \$1 discount with stamp from Open Swim on the same day.

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 CRC.

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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 windsorgov.com/recreg to get your household ID number ahead of time. For questions, please email aquatics@windsorgov.com.

\$40* per swimmer, per class

Visit windsorgov.com/aquatics for full details!

**Some sections pro-rated for holidays.*

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.

June 10 – 21	June 24 – July 3	July 15 – 26	July 29 – August 9
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.
9:55 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.

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 970-674-0826 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.

May 6 – 29	May 7 – 30	June 10 – 26	June 11 – 27	July 8 – 31	July 9 – August 1
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.

Locations: Chimney Park Pool or Activity Pool, Windsor CRC

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, including basic body position and holding techniques to promote water comfort. One adult per child is required. Swim diapers must be worn.

Age: 0.5 - 3

Polliwog

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

Age: 3 - 6

Tadpole

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.

Age: 3 - 6

Froggie

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 to pick up objects in shallow water.

Age: 3 - 6

Level 1

This level is for swimmers who can roll from front to back without support, streamline front glide 5 feet without support, and jump into shallow water without support.

Age: 6 - 12

Level 2

This level is for swimmers who can perform a front and back float without support, streamline on their front and back, and are able to do breaststroke legs.

Age: 6 - 12

Level 3

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

Age: 6 - 12

Level 4

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.

Age: 6 - 12

Level 5

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

Age: 6 - 12

Level 6

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

Age: 6 - 12

AQUATICS



Swim Lessons



World's Largest Swim Lesson

The World's Largest Swimming Lesson™, created by the World Waterpark Association in 2010, is a global public relations event supported by aquatic facilities, waterparks, pools, swim schools, and YMCA's, among others. The WLSL event serves as a platform to help the global aquatics industry work together to build awareness about the fundamental importance of teaching children to swim to prevent drowning. Swimming is a life-saving skill for children and a vital tool to prevent drowning, the second leading cause of unintended, injury-related death for US children ages 1 to 14.

The 2019 World's Largest Swimming Lesson™ will take place on Thursday, June 20. This will be the tenth year for the global event, and WLSL will continue with its goal of reaching more than 1 billion with the message Swimming Lesson Save Lives™. Local WLSL events will take place at hundreds of locations in more than 20 countries on five continents over the course of 24 hours.

A parent / guardian release is required. Children ages 6 and under must be within an arms reach of an adult.

Location: Chimney Park Pool

Age: All

Th	6/20	11 a.m.	Free
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Swim Team

CARA Swim Team

This year-round opportunity provides an introduction to swimming that will teach life-long skills of confidence and friendship building. CARA stands for Colorado Association of Recreational Athletics and focuses on recreational swimming. Participants 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 each week with meets held on Saturdays. No practice on July 4. Windsor's home meet will be held Saturday, June 22.

Location: WHS Pool (April)

Chimney Park Pool (Summer)

Age: 8+

Registration Deadline: One week prior

M - Th	4/9 - 4/30	7:15 - 8:15 p.m.	\$39	#110410.05
M - F	6/4 - 8/9	7 - 8:30 a.m.	\$125	#210410.02



Masters Swim Team

Training for your first triathlon or Ironman? Wanting a whole-body workout that is easy on your joints? Need to get motivated to get in the pool? Make your swim workout more fun and effective by joining our USMS Windsor workout group! Swim participants will learn drills, skills, and workouts to improve their overall swim technique that will improve efficiency and speed. All levels are welcome. 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. Visit usms.org/reg for more information or email aquatics@windsorgov.com.

Location: WHS Pool (May)
Chimney Park Pool (June - August)
Pool, Windsor CRC (June - August, Fridays)

Age: 18+

Registration Deadline: One week prior

M,W	5/1 - 5/29	5 - 6 a.m.	\$27	#210001.01
F	5/3 - 5/31	5 - 6 a.m.	\$15	#210001.02
M, W	6/3 - 6/26	6 - 7 a.m.	\$24	#210001.03
F	6/7 - 6/28	5 - 6 a.m.	\$12	#210001.04
M, W	7/1 - 7/31	6 - 7 a.m.	\$30	#210001.05
F	7/5 - 7/26	5 - 6 a.m.	\$12	#210001.06
M, W	8/5 - 8/28	6 - 7 a.m.	\$24	#210001.07
F	8/2 - 8/30	5 - 6 a.m.	\$15	#210001.08

Junior Aid

Interested in volunteering to help teach swimming lessons this summer? Come to this informative training; bring your summer schedule with you. 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 and water.

Location: Chimney Park Pool

Age: 12 - 15

Registration Deadline: One week prior

Sa	6/1	8 - 10 a.m.	Free	#210100.01
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Lake Information

Motorized Boating

Motorized permit holders can be scheduled on the lake on motorized days 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. No jet skis allowed.

Dates:

May 25 – August 9
Wednesday, Friday, Saturday, Sunday
August 10 – September 15, Saturday / Sunday Only

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

Cost:

1/2 Day: \$15 residents
 \$25 non-residents
Annual: \$450 residents only
 *Max 20 sold beginning May 13**

**If permits do not sell out by June 3, they will be open to non-residents on a first-come, first-served basis.*

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 25 to August 9, non-motorized boats can only be on the lake during the times listed below. After August 9, non-motorized boats can be on the lake year round from sunrise to sunset as long as ice is not present.

Dates:

May 25 – August 9
Monday, Tuesday, Thursday, Saturday, Sunday
August 10 – September 15, Saturday / Sunday
Shared with motorized boaters

Time: Daylight hours

Cost:

All Day: \$7
Annual: \$40

How to Purchase a Boat Permit

Permits may be purchased 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, paddle board, CORCL, and aqua trike rentals are available to rent at the Windsor Lake concession stand. Lifejackets are required for all participants and will be provided. Children 9 years old and under must be accompanied by a responsible guardian 16 years or older. Anyone 18 years and under must have their legal guardian sign the waiver before participating. There is only one person allowed per SUP board; must be 12+ to rent.

Cost:

Hobie Boards and Hydrobikes (ages 12+):
\$10 / 30 minutes

All other watercraft: \$5 / 30 minutes

Sa	5/25	11 a.m. - 7 p.m.
Su	5/26	11 a.m. - 7 p.m.
M	5/27	11 a.m. - 5 p.m.
W	5/29	11 a.m. - 5 p.m.
F - Su	5/31 - 6/2	11 a.m. - 7 p.m.
W	6/5	11 a.m. - 5 p.m.
F	6/7	11 a.m. - 7 p.m.
Th - Su	6/8 - 8/9	11 a.m. - 7 p.m.
M - W	6/10 - 8/7	11 a.m. - 5 p.m.
Sa - Su	8/10 - 9/15	11 a.m. - 6 p.m.

Fishing Information

- Fishing is allowed on Windsor Lake year round when ice is not present.
- Must have a valid fishing license.
- 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 being attended.

For information on rules and regulations or fishing licenses, call 1-800-244-5613 or visit

www.wildlife.state.co.us.

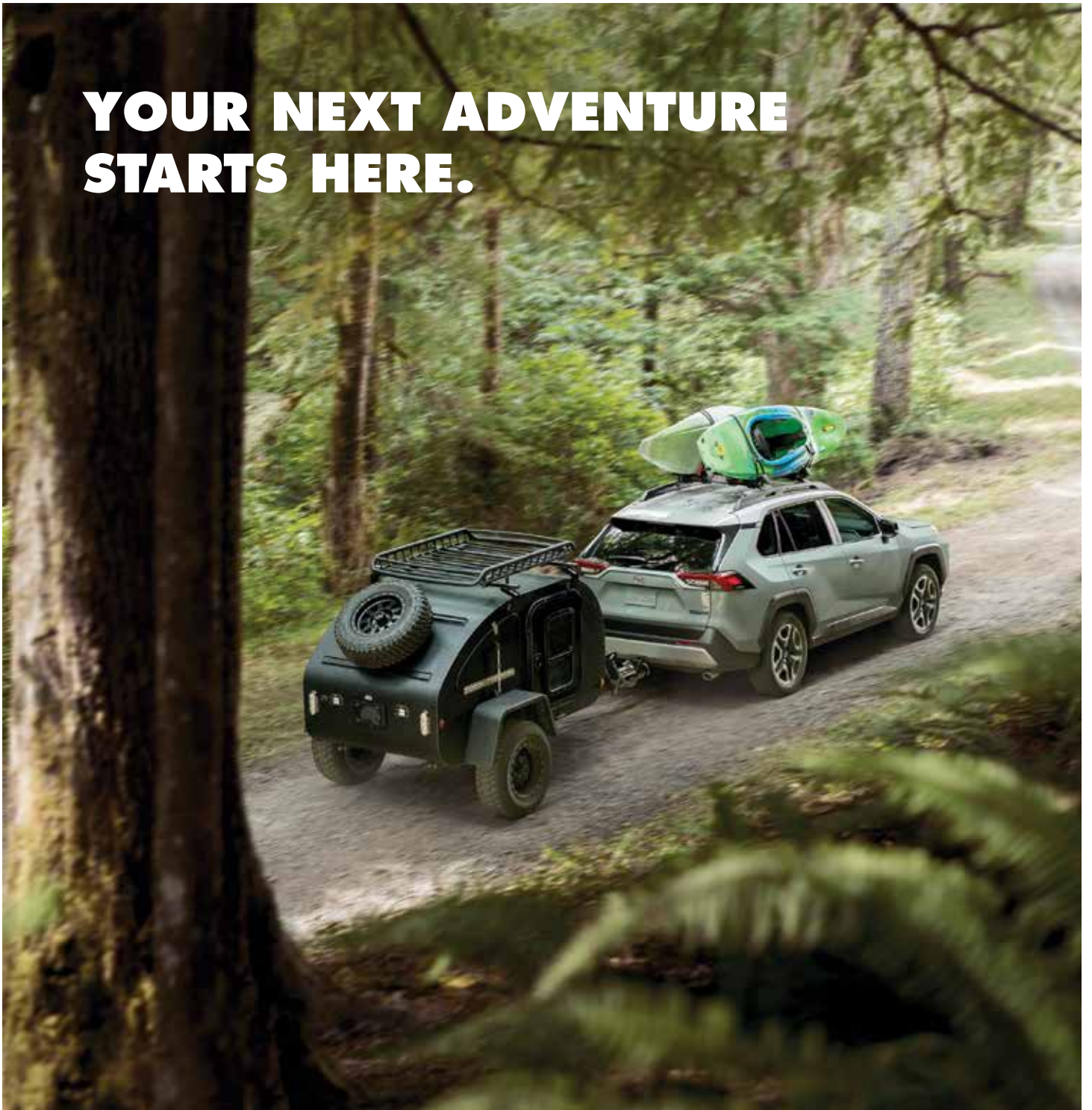


Swim Beach

Take time to enjoy a free day at the beach! Swimming is permitted within areas designated by ropes and buoys only. Park rules and regulations apply.

- Swim AT YOUR OWN RISK!
- NO Lifeguard on Duty!
- Daylight hours only.
- All children 9 and under must be accompanied by a responsible guardian 16 years or older.

**YOUR NEXT ADVENTURE
STARTS HERE.**



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