

# 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 - 9:25 a.m.

**Age:** 16+

**Cost:** Drop-in cost or free with membership



## Rent Chimney Park Pool

Make a splash at your next party and rent the Chimney Park Pool! Private pool party rentals are available during the summer season on 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, 2019. Call the CRC at 970-674-3500!

• **1 - 50:** \$175

• **101 - 150:** \$400

• **51 - 100:** \$300

• **151+:** \$450

# AQUATICS

## 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.		
<b>Regular Hours</b>	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.		
<b>Regular Hours</b>	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 - 9:25 a.m. Aqua Plunge 9:30 - 10:15 a.m.		Aqua Walk 8:50 - 9:25 a.m. Aqua Plunge 9:30 - 10:15 a.m. Aqua Plunge 7 - 7:45 p.m.	Aqua Pump 10:15 - 11 a.m.		
<b>Regular Hours</b>	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.



## Swim Lessons

### 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.

**Location:** Activity Pool, Windsor CRC

**Age:** 0.5 - 3

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	6:20 - 6:50 p.m.	\$40	#110110.01
<b>Tu, Th</b>	1/8 - 1/31	5:45 - 6:15 p.m.	\$40	#110110.02
<b>M, W</b>	2/4 - 2/27	5:45 - 6:15 p.m.	\$40	#110110.03
<b>Tu, Th</b>	2/5 - 2/28	6:20 - 6:50 p.m.	\$40	#110110.04
<b>M, W</b>	4/8 - 5/1	6:20 - 6:50 p.m.	\$40	#110110.05
<b>Tu, Th</b>	4/9 - 5/2	5:45 - 6:15 p.m.	\$40	#110110.06

### Polliwog

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.

**Location:** Activity Pool, Windsor CRC

**Age:** 3 - 6

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	5:45 - 6:15 p.m.	\$40	#110120.01
<b>M, W</b>	1/7 - 1/30	6:20 - 6:50 p.m.	\$40	#110120.02
<b>Tu, Th</b>	1/8 - 1/31	6:20 - 6:50 p.m.	\$40	#110120.03
<b>M, W</b>	2/4 - 2/27	5:45 - 6:15 p.m.	\$40	#110120.04
<b>M, W</b>	2/4 - 2/27	6:20 - 6:50 p.m.	\$40	#110120.05
<b>Tu, Th</b>	2/5 - 2/28	5:45 - 6:15 p.m.	\$40	#110120.06
<b>M, W</b>	4/8 - 5/1	5:45 - 6:15 p.m.	\$40	#110120.07
<b>M, W</b>	4/8 - 5/1	6:20 - 6:50 p.m.	\$40	#110120.08
<b>Tu, Th</b>	4/9 - 5/2	6:20 - 6:50 p.m.	\$40	#110120.09

### 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.

**Location:** Activity Pool, Windsor CRC

**Age:** 3 - 6

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	5:45 - 6:15 p.m.	\$40	#110130.01
<b>Tu, Th</b>	1/8 - 1/31	5:45 - 6:15 p.m.	\$40	#110130.02
<b>M, W</b>	2/4 - 2/27	5:45 - 6:15 p.m.	\$40	#110130.03
<b>Tu, Th</b>	2/5 - 2/28	5:45 - 6:15 p.m.	\$40	#110130.04
<b>Tu, Th</b>	2/5 - 2/28	6:20 - 6:50 p.m.	\$40	#110130.05
<b>M, W</b>	4/8 - 5/1	6:20 - 6:50 p.m.	\$40	#110130.06
<b>Tu, Th</b>	4/9 - 5/2	5:45 - 6:15 p.m.	\$40	#110130.07
<b>Tu, Th</b>	4/9 - 5/2	6:20 - 6:50 p.m.	\$40	#110130.08

### Froggie

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

**Location:** Activity Pool, Windsor CRC

**Age:** 3 - 6

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	5:45 - 6:15 p.m.	\$40	#110140.01
<b>Tu, Th</b>	1/8 - 1/31	5:45 - 6:15 p.m.	\$40	#110140.02
<b>Tu, Th</b>	1/8 - 1/31	6:20 - 6:50 p.m.	\$40	#110140.03
<b>M, W</b>	2/4 - 2/27	6:20 - 6:50 p.m.	\$40	#110140.04
<b>Tu, Th</b>	2/5 - 2/28	5:45 - 6:15 p.m.	\$40	#110140.05
<b>Tu, Th</b>	2/5 - 2/28	6:20 - 6:50 p.m.	\$40	#110140.06
<b>M, W</b>	4/8 - 5/1	5:45 - 6:15 p.m.	\$40	#110140.07
<b>Tu, Th</b>	4/9 - 5/2	6:20 - 6:50 p.m.	\$40	#110140.08

# AQUATICS



## Swim Lessons

### Level 1

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.

**Location:** Activity Pool, Windsor CRC

**Age:** 6 - 12

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	6:20 - 6:50 p.m.	\$40	#110101.01
<b>Tu, Th</b>	1/8 - 1/31	5:45 - 6:15 p.m.	\$40	#110101.02
<b>M, W</b>	2/4 - 2/27	5:45 - 6:15 p.m.	\$40	#110101.03
<b>M, W</b>	2/4 - 2/27	6:20 - 6:50 p.m.	\$40	#110101.04
<b>Tu, Th</b>	2/5 - 2/28	6:20 - 6:50 p.m.	\$40	#110101.05
<b>M, W</b>	4/8 - 5/1	6:20 - 6:50 p.m.	\$40	#110101.06
<b>Tu, Th</b>	4/9 - 5/2	5:45 - 6:15 p.m.	\$40	#110101.07

### Level 2

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.

**Location:** Activity Pool, Windsor CRC

**Age:** 6 - 12

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	5:45 - 6:15 p.m.	\$40	#110102.01
<b>Tu, Th</b>	1/8 - 1/31	6:20 - 6:50 p.m.	\$40	#110102.02
<b>M, W</b>	2/4 - 2/27	6:20 - 6:50 p.m.	\$40	#110102.03
<b>Tu, Th</b>	2/5 - 2/28	5:45 - 6:15 p.m.	\$40	#110102.04
<b>M, W</b>	4/8 - 5/1	5:45 - 6:15 p.m.	\$40	#110102.05
<b>Tu, Th</b>	4/9 - 5/2	6:20 - 6:50 p.m.	\$40	#110102.06

### 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.

**Location:** Lap Pool, Windsor CRC

**Age:** 6 - 12

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	6:20 - 6:50 p.m.	\$40	#110103.01
<b>Tu, Th</b>	1/8 - 1/31	5:45 - 6:15 p.m.	\$40	#110103.02
<b>M, W</b>	2/4 - 2/27	5:45 - 6:15 p.m.	\$40	#110103.03
<b>Tu, Th</b>	2/5 - 2/28	6:20 - 6:50 p.m.	\$40	#110103.04
<b>M, W</b>	4/8 - 5/1	6:20 - 6:50 p.m.	\$40	#110103.05
<b>Tu, Th</b>	4/9 - 5/2	5:45 - 6:15 p.m.	\$40	#110103.06

### 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.

**Location:** Lap Pool, Windsor CRC

**Age:** 6 - 12

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	5:45 - 6:15 p.m.	\$40	#110104.01
<b>Tu, Th</b>	1/8 - 1/31	6:20 - 6:50 p.m.	\$40	#110104.02
<b>M, W</b>	2/4 - 2/27	6:20 - 6:50 p.m.	\$40	#110104.03
<b>Tu, Th</b>	2/5 - 2/28	5:45 - 6:15 p.m.	\$40	#110104.04
<b>M, W</b>	4/8 - 5/1	5:45 - 6:15 p.m.	\$40	#110104.05
<b>Tu, Th</b>	4/9 - 5/2	6:20 - 6:50 p.m.	\$40	#110104.06



## Level 5

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

**Location:** Lap Pool, Windsor CRC

**Age:** 6 - 12

**Registration Deadline:** One week prior

<b>M, W</b>	1/7 - 1/30	6:20 - 6:50 p.m.	\$40	#110105.01
<b>Tu, Th</b>	4/9 - 5/2	5:45 - 6:15 p.m.	\$40	#110105.02

## 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.

**Location:** Lap Pool, Windsor CRC

**Age:** 6 - 12

**Registration Deadline:** One week prior

<b>Tu, Th</b>	1/8 - 1/31	6:20 - 6:50 p.m.	\$40	#110106.01
<b>M, W</b>	4/8 - 5/1	5:45 - 6:15 p.m.	\$40	#110106.02

## Adult Swim Lessons

Become more comfortable in the water and learn the basic skills to achieve a minimum level of water competency. The focus of lessons will be on breath control, submerging, floating, and learning the front crawl and elementary backstroke.

**Location:** Activity Pool, Windsor CRC

**Age:** 16+

**Registration Deadline:** One week prior

<b>Sa</b>	1/5 - 1/26	8 - 9 a.m.	\$40	#110150.01
<b>Sa</b>	2/2 - 2/23	8 - 9 a.m.	\$40	#110150.02
<b>Sa</b>	4/6 - 4/27	8 - 9 a.m.	\$40	#110150.03

## Private Swim Lessons

Sign up for a private 30-minute lesson. All participants will be put on a list and will be contacted when an instructor is available to schedule times and dates. Payment will be due when you are contacted to begin lessons. To sign up, call the front desk at 970-674-3500.

**Location:** Pool, Windsor CRC

**Ages:** All, adults welcome too!

**Cost:**

\$25 / 1 person

\$30 / 2 people (same level only)



# AQUATICS

## Swim Team

### CARA Winter Swim Team

This year-round opportunity provides an introduction to swimming that will teach life-long skills of confidence and build friendships. 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. Practices will be held Monday through Thursday with meets on Saturday or Sunday. No practice on school holidays. Other cancellations may occur due to WHS events.

**Location:** WHS Pool

**Age:** 8 - 18

**Registration Deadline:** One week prior

M - Th	1/7 - 4/30	7:15 - 8:15 p.m.	\$125	#110410.01
M - Th	1/7 - 1/31	7:15 - 8:15 p.m.	\$45	#110410.02
M - Th	2/4 - 2/28	7:15 - 8:15 p.m.	\$45	#110410.03
M - Th	3/4 - 3/28	7:15 - 8:15 p.m.	\$48	#110410.04
M - Th	4/9 - 4/30	7:15 - 8:15 p.m.	\$39	#110410.05

### 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. 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](http://usms.org/reg) for more information.

**Location:** WHS Pool and Pool, Windsor CRC  
(Fridays are at the Windsor CRC)

**Age:** 18+

**Registration Deadline:** One week prior

M, W	1/7 - 1/30	5 - 6 a.m.	\$24	#110001.01
F	1/4 - 1/25	5 - 6 a.m.	\$9	#110001.02
M, W	2/4 - 2/27	5 - 6 a.m.	\$21	#110001.03
F	2/1 - 2/22	5 - 6 a.m.	\$12	#110001.04
M, W	3/4 - 3/27	5 - 6 a.m.	\$24	#110001.05
F	3/1 - 3/29	5 - 6 a.m.	\$15	#110001.06
M, W	4/10 - 4/29	5 - 6 a.m.	\$18	#110001.07
F	4/5 - 4/26	5 - 6 a.m.	\$12	#110001.08

## Training

### Lifeguard Training

Learn how to become a lifeguard using a new blended learning process. This process will allow each individual to complete interactive lessons and activities at home on their computer at their own pace. In-class sessions will allow students to build skills and reinforce learning. Please meet at the High School pool. Participants must attend all classes to be eligible for certification. In-home learning will begin before the first day of class. Please bring a suit, towel, water, snacks, and your materials to each class.

**Location:** WHS Pool

**Times:**

Thursday, 4 - 9 p.m.

Friday, 4 - 9 p.m.

Saturday and Sunday, 8 a.m. - 5 p.m.

**Age:** 15+

**Registration Deadline:** March 1

Th - Su	3/7 - 3/10	See Above	\$150	#110610.01
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