

# YOUTH GUIDE

SPRING 2019

## PROGRAMS

Julie / 303.770.2582 x287  
JulieS@ClubGreenwood.com

### Little Lobbers Tennis AGES 3-4

Introduce your child to the fundamentals of tennis with an emphasis on FUN! Three child minimum to run class.

Thursdays, 9:30-10:30am, 4-5pm  
Fridays, 9:30-10:30am  
April 4-26 | May 2-24  
\$85 Member | \$105 Guest  
Gymnasium

### Parent-Tot Dance AGES 3 MONTHS-3

Dancers will be introduced to basic ballet and jazz technique through creative movement. This class is designed for the dancers and parents to participate together.

Thursdays, 11-11:30am  
April 4-25 | May 2-30  
\$50 Member | \$75 Guest  
Studio 3

### Date Nights AGES 3-13

Swimming, dancing, dinner, playing and YOU have a night all to yourself.

First Friday of each month, 5-9pm  
April 5 | May 3  
\$29 Member | \$39 Guest

### Gym Jam AGES 2.5-4

Introduces your young one to large motor skill development. They'll burn off energy while you get time to yourself. Kids will participate in gym games followed by crafts, reading time and snacks.

Tuesdays, 9:30-11am  
April 2-30 | May 7-28  
\$75 Member | \$95 Guest  
Gymnasium

## AQUATICS

Crystal / 303.770.2582 x325  
CrystalG@ClubGreenwood.com

### Parent-Tot AGES 8 MONTHS-3

Learn how to work with your kiddo in the water. We'll teach you what to expect as your child develops, in and out of the water, with an emphasis on safety and fun.

Mondays, 11-11:30am, 5:30-6pm  
Saturdays, 11-11:30am  
April 1-27 (4 weeks)  
April 29-June 1 (4/5 weeks)  
\$60 Member | \$80 Guest (4 weeks)  
\$75 Member | \$100 Guest (5 weeks)

### SwimAmerica AGES 3+

These 30-minute comprehensive group lessons have 6 levels, beginning with blowing bubbles and finishing with the butterfly and breaststroke.

Mondays, 9:30-10am, 4:30-5pm, 5-5:30pm  
Thursdays, 4:30-5pm, 5-5:30pm  
Saturdays, 10-10:30am, 10:30-11am  
April 1-27 | April 29-June 1  
\$60 Member | \$80 Guest (4 weeks)  
\$75 Member | \$100 Guest (5 weeks)

### Greenwood Tiger Sharks AGES 6+

Compete on our year-round USA Swimming team. Train based on age and ability. Club membership and monthly dues required. Contact Coach Genevieve at 303.770.2582 x407 for more information.

For more information, contact Coach Genevieve at 303.770.2582 x407 or GenevieveM@ClubGreenwood.com

### Swim Conditioning AGES 10-18

A non-competitive training group to build strength and endurance. Low-key, fun atmosphere. A great alternative to Tiger Sharks.

Tuesdays and Thursdays, 7-8:15pm  
March 26-May 16  
\$208 Member | \$288 Guest (8 weeks)

MORE STUFF THIS WAY →

## REGISTER

Greenwood App / 303.770.2582 x274  
ClubGreenwood.com/Youth



## Stroke School AGES 6-13

This 45-minute class focuses on stroke development and provides a transition from SwimAmerica to Swim Conditioning/Tiger Sharks. Must be able to swim two lengths of freestyle with side breathing, two lengths of backstroke, and have some diving experience (Level 6).

**Mondays, 4-4:45pm, 4:45-5:30pm**  
**Tuesdays, 4-4:45pm**  
**Thursdays, 4-4:45pm, 4:45-5:30pm**  
**Fridays, 4-4:45pm**  
**Saturdays, 10-10:45am**  
**Sundays, 10:30-11:15am**  
**March 31-April 28 | April 29-May 26**  
**\$60 Member | \$80 Guest (4 weeks)**  
**\$75 Member | \$100 Guest (5 weeks)**

## CAMP

Julie / 303.770.2582 x287  
JulieS@ClubGreenwood.com

### Camp Greenwood School Days Out AGES 5-13

Join us for your kid's school day out. They will enjoy gym games, crafts, swimming, and a movie.

Days vary by school district, 7:30am-6pm  
**April 19, 29 | May 3**  
**\$85 Member | \$100 Guest**

## TENNIS

Kristi / 303.771.2588 x278  
KristiM@ClubGreenwood.com

### Future Stars AGES 4-5

These classes utilize low compression red balls on a 36' court and a 2' 9" net. We'll emphasize basic skills, etiquette, and fun! Minimum of four students per class.

**Tuesdays, 4-4:55pm**  
**April 23, 30 | May 7, 14, 21, 28**  
**\$150 Member**  
**Indoor Tennis Courts**

## Quickstart Tennis AGES 5-8

These classes recognize three different levels and age groups and will incorporate the appropriate ball, racquet and court size. Kids will be evaluated the first day and placed accordingly: Red Ball Beginners, Red Ball Challenger and Orange Ball Rallyers. All classes review the basic skills and strokes in an enthusiastic and fun environment!

**Tuesdays, 4-4:55pm**  
**April, 23, 30 | May 7, 14, 21, 28**

**Wednesdays, 3:30-4:25pm**  
**April 24 | May 1, 8, 15, 22, 29**

**\$150 Member | \$200 Guest**  
**Indoor Tennis Courts**

## BASKETBALL

Julie / 303.770.2582 x287  
JulieS@ClubGreenwood.com

### Bronze AGES 4-6

Your child will learn, at an early age, to participate in sports as part of a healthy and active lifestyle.

**Wednesdays, 4:45-5:30pm**  
**April 3-24 | May 1-29**  
**\$85 Member | \$105 Guest**

### Silver AGES 7-11

The Silver program introduces the game of basketball while developing skills and fundamentals. Must be able to do a layup.

**Wednesdays, 5:30-6:30pm**  
**April 3-24 | May 1-29**  
**\$85 Member | \$105 Guest**

### Platinum INTERMEDIATE / AGES 12+

Platinum provides year-round monthly classes with the goal of developing strengths and working on weaknesses.

**Wednesdays, 6:30-7:30pm**  
**April 3-24 | May 1-29**  
**\$85 Member | \$105 Guest**

### Hardwood Evolution Private Lessons

Specialized basketball training program that offers innovative coaching methods for all skill levels.

Contact Derek Griffin at  
DGriffin@HardwoodEvolution.com

## MARTIAL ARTS

Vic / 303.770.2582 x339  
VicS@ClubGreenwood.com

### Kids Martial Arts AGES 4-13

A unique blend of martial arts that emphasizes discipline, respect and building self-esteem. We offer classes in kids self-defense and kickboxing. See our martial arts schedule for more info and pricing.

## FITNESS

Julie / 303.770.2582 x287  
JulieS@ClubGreenwood.com

### Complimentary Kids and Teens Yoga AGES 3-15

Yoga is a wonderful tool that can help kids and teens develop discipline, be physically active, enhance concentration and reduce stress.

**Kids**  
**Mondays, 3:45-4:15pm (Ages 3-5)**  
**Mondays, 4:15-5:00pm (Ages 6-10)**

**Teens**  
**Wednesdays, 4-5pm (Ages 11-15)**

**Studio 2 (wait for instructor to arrive before entering studio)**

### Pilates for Teens AGES 11-18

This program promotes a healthy, active lifestyle among children and teens, ages 11-18, by using the Pilates reformer. Boost self-confidence, improve body awareness and inspire an early love of movement that will serve as the foundation for a healthy way of life.

**Mondays, 4-4:45pm**  
**April 1, 8, 15, 22 | May 6, 13, 20**  
**\$75 Members | \$90 Guests**

### Youth XPRESS PWRFIT AGES 10-15

This teen class will increase speed, agility, quickness and provide strength drills that will improve athletic ability and performance, all in a 40-minute class!

**Tuesdays and Thursdays, 4-4:45pm**  
**\$20/Class Member | \$50/Class Guest**