

**WINTER
2019**

youth guide

REGISTER

Greenwood App, 303.770.2582 x274
GreenwoodATC.com/Youth
5801 South Quebec Street
Greenwood Village, CO



**GREENWOOD ATHLETIC
AND TENNIS CLUB**

programs

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.

Mondays, 4:15-5:15pm, January 7-March 11
(No classes on January 21 and February 16)
\$170 Member | \$210 Non-member

Tuesdays, 9:30-10:30am

Thursdays, 9:30-10:30am and 4-5pm

Fridays, 9:30-10:30am

January 4-31, February 1-28, March 1-29

\$85 Member | \$105 Non-member

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.

Fridays, 11-11:30am

January 4-25, February 1-22, March 1-29

\$50 Member | \$75 Non-member

Studio 3

Gym Jam AGES 2.5-4

This program introduces our youngest members to large motor skill development, where they'll burn off energy while parents get some time to themselves. Kids will participate in gym games followed by crafts, reading time and snacks.

Tuesdays, 9:30-11am

January 8-29, February 5-26, March 5-26

\$75 Member | \$95 Non-member

Gymnasium

Date Nights AGES 3-13

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

First Friday of each month, 5-9pm

January 4, February 1, March 1

\$29 Member | \$39 Non-member

Valentine's Day Date Night AGES 3-13

Enjoy a night with your loved one while the kids enjoy an evening at the club.

Friday, February 8, 5-9pm

\$29 Member | \$39 Non-member

camp greenwood

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

January 2-4, 7, 18, 21

February 1, 6, 15, 18, 19

March 4, 7, 8, 18-22, 25-29

\$85 Member | \$100 Non-member

Contact Julie

303.770.2582 x287

JulieS@GreenwoodATC.com





swimming

Contact Crystal
303.770.2582 x325
CrystalG@GreenwoodATC.com

Parent-Tot AGES 8 MONTHS-3

Parents are taught how to work with their child in the water with an emphasis on safety and fun. We teach parents what skills to expect as their child develops both in and out of the water. Minimum of 3 participants to run the class.

Mondays, 5:30-6pm
Saturdays, 11-11:30am

January 7-February 2
February 4-March 2
March 4-30 (no class March 18)

\$60 Member | \$80 Non-member (4 weeks)
\$45 Member | \$60 Non-member (3 weeks)

SwimAmerica AGES 3+

This program was established in 1988 by the American Swim Coaches Association and is often hailed as the most comprehensive learn-to-swim program ever created. There are 6 stations (levels) within the program. They begin with blowing bubbles and finish with the introduction of the butterfly and breaststroke. Safety, instruction/fitness, and fun are the goals we strive for in our lessons. Lessons are 28 minutes long.

Mondays, 9:30-10am, 4:30-5pm, 5-5:30pm
Thursdays, 4:30-5pm, 5-5:30pm
Saturdays, 10-10:30am, 10:30-11am

January 7-February 2
February 4-March 2
March 4-30 (no class March 18)

\$60 Member | \$80 Non-member (4 weeks)
\$45 Member | \$60 Non-member (3 weeks)

Greenwood Tiger Sharks AGES 6+

GTS is our year round USA Swimming competitive swim team. Swimmers ages 6-20+ compete with other USA Swimming teams locally and nationally. Swimmers train in one of six groups based on age and ability. Participation requires club membership and monthly team dues.

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

Stroke School AGES 6-13

This small group class provides an extension of the upper levels of SwimAmerica. Swimmers should be able to swim two lengths of freestyle with side breathing, one length of backstroke, and have some experience with breaststroke and butterfly (pass Level Six in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

Mondays, 4-4:45pm and 4:45-5:30pm
Tuesdays, 4-4:45pm
Thursdays, 4-4:45pm and 4:45-5:30pm
Fridays, 4-4:45pm
Saturdays, 10-10:45am
Sundays, 10:30-11:15am

January 6-February 2
February 3-March 2
March 3-30

\$60 Member | \$80 Non-member (4 weeks)
\$45 Member | \$60 Non-member (3 weeks)

Swim Conditioning AGES 10-18

Designed for children in middle school and high school to gain strength and conditioning through swimming. This group does not compete, but combines swim-team type training with stroke development in a structured atmosphere that includes a balance of fun and challenge. This class is a good preparation for summer leagues or high school swimming, and a good way to make swimming part of an active lifestyle. Minimum of 6, and maximum of 30 participants allowed in the program.

Tuesdays and Thursdays, 7-8:15pm

January 8-February 14
(Class held on January 23, not January 24)
February 19-March 14

\$156 Member | \$216 Non-member (6 weeks)
\$104 Member | \$144 Non-member (4 weeks)



tennis

Contact Kristi
303.771.2588 x278
KristiM@GreenwoodATC.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 and etiquette, and most importantly, fun! Minimum of four students per class.

Sundays, 12-12:45pm

January 6, 13, 20, 27

February 3, 10, 24 (No class February 17)

\$158 Member

Tuesdays, 4-4:55pm

January 8, 15, 22, 29, February 5, 12, 19, 26

\$200 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!

Sundays, 11am-11:55am

January 6, 13, 20, 27

February 3, 10, 24 (No class February 17)

\$175 Member | \$225 Non-member

Tuesdays, 4-4:55pm

January 8, 15, 22, 29

February 5, 12, 19, 26

\$200 Member | \$250 Non-member

Wednesdays, 3:30-4:25pm

January 9, 16, 23, 30

February 6, 13, 20, 27

\$200 Member | \$250 Non-member

Indoor Tennis Courts



basketball

Contact Julie
303.770.2582 x287
JulieS@GreenwoodATC.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

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

Platinum INTERMEDIATE LEVEL AGES 12+

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

Wednesdays, 6:30-7:30pm

Dates for all levels:

January 9-30

February 6-27

March 6-27

\$85 Member | \$105 Non-member

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

Contact Vic
303.770.2582 x339
VicS@GreenwoodATC.com

Kids Martial Arts AGES 4-13

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

fitness

Contact Julie
303.770.2582 x287
JulieS@GreenwoodATC.com

Complimentary Kids Yoga AGES 3-10

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

Mondays and Wednesdays

3:45-4:15pm (Ages 3-5)

4:15-5:00pm (Ages 6-10)

Studio 2

Kids must wait for the instructor to arrive before entering the 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

January 7, 14, 28

February 4, 11, 25

March 4, 11, 25

\$75 Members | \$90 Non-members