

# Everything Aqua - SPRING 2019

Why stay dry? Try the Aquatics programs for youth and adults, and enjoy a lifetime of water fun!  
Crystal Garland, Aquatics Coordinator 303.770.2582 x325 crystalg@greenwoodATC.com

## YOUTH PROGRAMS



### **Parent-Tot** (ages 8 months-3 years) \*minimum of 3 participants to run the class

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

#### **Session Dates:**

SESSION 1: 4/1-4/27 (4 weeks)  
SESSION 2: 4/29-6/1 (4/5 weeks)  
SESSION 3: 6/3-6/24 (4 weeks)

#### **Time:**

Monday 5:30-6:00pm (session 1, 2 & 3)  
Saturday 11:00-11:30am (session 1 & 2)

#### **Cost:**

(4 weeks) \$60 member/\$80 guest  
(5 weeks) \$75 member/\$100 guest

**SwimAmerica** (group swim lessons for children 3 & up) - 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, beginning with blowing bubbles and finishing with the completion of a having knowledge of butterfly and breaststroke.

#### **Session Dates:**

SESSION 1: 4/1-4/27 (4 weeks)  
SESSION 2: 4/29-6/1 (4/5 weeks)  
SESSION 3: 6/3-6/27 (4 weeks)

#### **Times Offered:**

Mon. 9:30am (session 1 & 2)  
Mon. 4:30pm, 5:00pm (session 1, 2 & 3)  
Tues. 10:00am (session 3)  
Thurs. 4:30pm, 5:00pm (session 1, 2 & 3)  
Sat. 10:00am, 10:30am (session 1 & 2)

#### **Cost:**

(4 weeks) \$60 member/\$80 guest  
(5 weeks) \$75 member/\$100 guest

**NO CLASS Memorial Day:**

**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 diving (pass level 6 in SwimAmerica). This 45-minute class focuses on further stroke development and provides a transition into Swim Conditioning and the Tiger Sharks.

#### **Session Dates:**

SESSION 1: 3/31-4/28 (4 weeks)  
SESSION 2: 4/28-5/25 (4 weeks)  
SESSION 3: 5/26-6/28(5 weeks)

#### **Times Offered:**

Mondays 4:00pm (session 1)  
Mondays 4:45pm (session 1 & 2)  
Tuesdays 4:00pm (session 1 & 2)  
Thursdays 4:00pm, 4:45pm (session 1, 2 & 3)  
Fridays 4:00pm (session 1, 2 & 3)  
Saturdays 10:00am (session 1 & 2)  
Sundays 10:30am (session 1 (no Sunday 21st) 2 & 3)

#### **Cost:**

(4 weeks) \$60 member/\$80 guest  
(5 weeks) \$75 member/\$100 guest

**Swim Conditioning** (ages 10-18) - This group is designed for young swimmers to gain strength and conditioning through swimming with no competition involved while combining training with stroke technique in a low-key, fun atmosphere. This is a great alternative to the Tiger Sharks or to enhance high school and summer league training.

#### **Session Dates:**

3/26-5/16 (8 weeks/14 classes)

#### **Times:**

Tuesdays and Thursdays 7:00-8:15pm

#### **Cost:**

\$208 member/\$288 guest

**Summer League Training Camp** (ages 5-13) - Get in shape for summer league season during these 6 classes. Refine all four competitive strokes, starts and turns. Limited to 25 swimmers.

#### **Session Dates:**

4/29-5/10

#### **Times:**

Monday, Wednesday, Friday 4:00-4:45pm

#### **Cost:**

\$90 member/\$120 guest

**Greenwood Tiger Sharks** - Our year-round USASwimming competitive swim team. Swimmers, ages 6-20+, compete with other USASwimming 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 about GTS, please contact Coach Genevieve at 303-770-2582 x407.

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## ADULT PROGRAMS & PRIVATE LESSONS



**Adult Classes** - Learn a natural progression of strokes and gain confidence in the water. These classes are good preparation for the Masters program. **Adult Swimming 101** is for those with no prior swimming or stroke experience and combines foundations and mechanics with practical teaching tips. **Swim Technique and Training** develops proper stroke technique while providing a cardio workout through intervals and stroke drills. Drop-in rates available. Contact Cama Jo at ext. 253 for more information.

**Session Dates:**

SESSION 1: 4/1-4/25 (4 weeks)  
 SESSION 2: 4/29-5/23 (4 weeks)  
 SESSION 3: 6/3-24 (4 weeks)

**Times:**

Swim Technique & Training, 8:00-9:00am  
 Adult Swimming 101, 9:00-9:45am  
 Adult Swim Conditioning, 12:00-1:00pm

**MONDAY ONLY**  
**MONDAY ONLY**  
**THURSDAY ONLY**

**Cost:** (4 weeks) \$72 member/\$92 guest - drop-in rate: \$20 member/\$25 guest

**No Swim Conditioning Session 3**

**Masters Swim Team** - Our Masters team will help you achieve your goals, whether swimming for fitness, training for triathlons, or competing in meets. Workouts are structured to meet the needs of various skill levels and include distance/endurance, sprints technique, speed, and all four competitive strokes. The coaches will provide technique adjustments based on an individual's needs. We maintain a friendly, supportive and fun atmosphere and welcome swimmers with diverse backgrounds and goals. Swimmers may attend any of the workouts offered.

**Session Dates/Costs:**

\$300 annual or \$30 monthly fee

**Practice Schedule:**

Mondays, Wednesdays, Fridays	5:30-6:45am
MON,TUE, WED,THUR, FRI	11:00am-12:00pm
Saturdays	8:00-9:15am

**Private Swim Lessons** (all ages, 3 years and up) - If our group classes are not for you or if you need additional practice with a skill, Greenwood instructors will be able to accommodate your needs by offering private swim lessons. Private, semi-private and trio lessons are available. This is a great way to develop skills in a structured and safe environment. Swimming takes time and commitment for all levels, therefore we recommend a minimum of five half-hour lessons in order to establish progression. You can request a specific instructor or Crystal can set you up with one of our skilled and experienced instructors. Please give 24-hour notification for all cancelations to avoid being charged.

**Cost per Half Hour:**

**Private Lesson**

\$35 member/\$45 guest

**Duo Lesson (per person)**

\$25 member/\$30 guest

**Trio Lesson (per person)**

\$22 member/\$27 guest

**Greenwood Private Triathlon Training with Rife -**

Rife has been racing Xterra off-road triathlon and has qualified for Xterra world championships every year since 2007. He won the mountain regional championship in 2012 and 2013 and his age group national title in 2015 and 2016. At the world championships, he has finished in the top 10, six times. He has been a triathlon and endurance coach for almost 10 years, leading multiple athletes in multiple distances to PR and many podium steps.

**Private Fees**

1 hour private training \$75 member rate

