

# YOUTH GUIDE

WINTER 2020

## PROGRAMS

Colleen | 303.770.2582 x 287  
ColleenB@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.

**Mondays, 4:00-5:00pm**

**January 13-February 24** (5 weeks, no class  
January 20 and February 17)  
**\$107 Members / \$132 Guests**

**Thursdays, 9:30-10:30am, 4:00-5:00pm**  
**January 9-30, February 6-27, March 5-26**

**Fridays, 9:30-10:30am**

**January 10-31, February 7-28, March 6-27**  
**\$85 Members / \$105 Guests**  
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.

**Tuesdays, 11:00-11:30am** (4 weeks)

**January 7-28, February 4-25, March 3-24**  
**\$50 Members / \$75 Guests**

### Gym Jam AGES 2.5-4

Introduces your young ones 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. Come and play!

**Tuesdays, 10:30am-12:00pm** (4 weeks)

**January 7-28, February 4-25, March 3-24**  
**\$85 Members / \$105 Guests**  
Gymnasium

### Jumping Juniors AGES 5-12

**NEW!**

Looking for a fun new way to get your kids moving? Bring them to our Jumping Juniors trampoline classes where kids will get to test their balance, strength, and cardio on our JumpSport Fitness trampolines! Max 10 kids per class.

**Tuesdays and Thursdays, 4:30-5:30pm**

**Drop-in: \$15 Members / \$20 Guests**  
**8-pack: \$80 Members / \$120 Guests**  
Studio 3

### Music and Movement AGES 2.5-5

**NEW!**

Kids get to participate in organized dance activities, explore musical instruments, play dancing games, and have freestyle dance helping to keep active, build coordination, and become creative!

**Fridays, 10:00-11:00am** (4 weeks)

**January 10-31, February 7-28, March 6-27**  
**\$85 Members / \$105 Guests**  
Studio 3

### Canvas and Cookies AGES 2.5-5

**NEW!**

Kids get to explore their creativity with different arts and Crafts in our Canvas and Cookies class. They will do age appropriate arts and crafts, which will help them build creativity, problem solve and work on their fine motor skills. Cookies and juice boxes included!

**Wednesdays, 10:30-11:30am** (4 weeks)

**January 8-29, February 5-26, March 4-25**  
**\$85 Members / \$105 Guests**  
Youth Activity Center

### Parent's Night Out AGES 2-13

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

**First Friday of each month, 5:00-9:00pm**

**January 3, February 7, March 6**  
**\$30 Members / \$40 Guests**

### New Year's Overnight AGES 3-12

A party just for kids! Ring in the new year with an overnight slumber party including a midnight countdown, gym games, dance party, swimming, pizza, dessert bar, and a breakfast.

**December 31-January 1, 6:00pm-8:00am**

**\$75 Members / \$100 Guests**  
Youth Activity Club

## AQUATICS

Crystal | 303.770.2582 x325  
CrystalG@ClubGreenwood.com

### Private Lessons

We offer private swim lessons based on your schedule. Contact Crystal to schedule lessons.

**\$40 Members / \$50 Guests**

### Parent-Tot AGES 8 MONTHS-3

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. Minimum of 3 participants to run the class.

**Saturdays, 10:30-11:00am**

**January 11-February 1** (4 weeks)

**February 8-29** (4 weeks)

**March 7-April 4** (4 weeks, no class week of

**MORE STUFF THIS WAY →**

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Greenwood App / 303.770.2582 x274  
ClubGreenwood.com/Youth

 **CLUB  
GREENWOOD**

March 16-21—CC Spring Break)  
**\$72 Members / \$92 Guests**

### **SwimAmerica AGES 3+**

There are 6 stations (levels) within the program, beginning with blowing bubbles and finishing learning to swim Breaststroke and Butterfly. Safety, instruction, fitness and fun are the goals we strive for in our lessons; while teaching a natural progression of the strokes through drills emphasizing proper technique and efficiency. Lessons are 20 min in Level 1-2, 28 min in Levels 3-6. Class size is limited to: Four swimmers in levels 1-2, Five swimmers in levels 3-4, Six swimmers in levels 5-6.

#### **Mondays and Thursdays**

**Level 1-2: 4:30-4:50pm, 4:50-5:10pm, 5:10-5:30pm**

**Level 3-6: 4:30-5:00pm, 5:00-5:30pm**

#### **Saturdays**

**Level 1-2: 9:30-9:50am, 9:50-10:10am, 10:10-10:30am**

**Level 3-6: 9:30-10:00am, 10:00-10:30am**

**Session 1: January 6–February 1 (4 weeks)**

**Session 2: February 3–29 (4 weeks)**

**Session 3: March 2–April 4 (4 weeks, no class week of March 16-21—CC Spring Break)**

**\$72 Members / \$92 Guests**

### **Stroke School AGES 6-13**

Coached on the deck, this 45 minute class provides an extension of Swim America, with a wonderful transition to Swim Conditioning or Swim Team. Class will focus on further stroke refinement and building endurance. On the first day of each session an assessment will be made on each student to make sure it is a proper fit. Students must be able to swim two lengths of freestyle with side breathing and backstroke and have a base knowledge of butterfly and breaststroke.

**Sundays, 10:00-10:45am**

**Mondays, 4:00-4:45pm, 4:45pm-5:30pm**

**Tuesdays, 4:00-4:45pm**

**Thursdays, 4:00-4:45pm, 4:45-5:30pm**

**Fridays, 4:00-4:45pm**

**Saturdays, 10:00-10:45am**

**Session 1: January 5–February 1 (4 weeks)**

**Session 2: February 2-29 (4 weeks)**

**Session 3: March 1-April 4 (4 weeks, no class week of March 15-21—CC Spring Break)**

**Session 4: April 5-May 3 (4 weeks, no class on April 12—Easter)**

**\$72 Members / \$92 Guests**

### **Swim Conditioning AGES 10-18**

Designed for children in middle school and high school to gain strength and conditioning. 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. Good

preparation for summer leagues or high school swimming. Min 6, max 30 participants.

**Tuesdays and Thursdays, 7:00-8:15pm**

**January 7–February 27 (8 weeks, January 23 class will be held January 22—All Staff Meeting)**

**\$240 Members / \$320 Guests**

**March 3-May 14 (10 weeks, no class March 17 and 19—CC Spring Break)**

**\$300 Members / \$400 Guests**

### **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.

### **CAMP**

Colleen | 303.770.2582 x287

ColleenB@ClubGreenwood.com

ClubGreenwood.com/Camps

#### **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-6:00pm**

**January 2, 3, 6, 20, February 14, 17, 18,**

**March 5, 6, 16-20, 23-27**

**\$85 Members / \$100 Guests**

### **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!

**Sundays, 12:00-12:45pm**

**January 5, 12, 19, 26, February 2, 9, 23**

(no class February 16)

**\$158 Club Greenwood Members and Guests**

**Tuesdays, 4:00-4:55pm**

**January 7, 14, 21, 28, February 4, 11, 18, 25**

**\$200 Club Greenwood Members and Guests**  
**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, 11:00am-11:55am**

**January 5, 12, 19, 26, February 2, 9, 23**

(no class February 16)

**\$175 Club Greenwood Members / \$225 Guests**

**Tuesdays, 4:00-4:55pm**

**January 7, 14, 21, 28, February 4, 11, 18, 25**

**\$200 Club Greenwood Members / \$250 Guests**

**Wednesdays, 3:30-4:25pm**

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

**\$200 Club Greenwood Members / \$250 Guests**  
**Indoor Tennis Courts**

### **BASKETBALL**

Colleen | 303.770.2582 x287

ColleenB@ClubGreenwood.com

**Tuesdays (4 weeks)**

**January 7-28, February 4-25, March 3-24**

**\$85 Members / \$105 Guests**

#### **Bronze AGES 4-6**

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

**Tuesdays, 4:45-5:30pm**

**\$85 Members / \$105 Guests**

#### **Silver AGES 7-12**

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

**Tuesdays, 5:30-6:30pm**

**\$85 Members / \$105 Guests**

#### **Hardwood Evolution Private Lessons**

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

**Contact Derek Griffin**

**DGriffin@HardwoodEvolution.com**

### **FITNESS**

Colleen | 303.770.2582 x 287

ColleenB@ClubGreenwood.com

#### **Complimentary Kids Yoga AGES 3-10**

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

**Mondays, 3:45-4:15pm (Ages 3-5)**

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

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